North Coast
journal
of Politics, People and Art

HUMBOLDT COUNTY, CALIF. • FREE
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The Health and Wellness Edition

Nurses, Stat

With a program shuttered and increasing demand, officials scramble for solutions to Humboldt County's looming nursing crisis

By Thadeus Greenson

11 More Squires squalor

23 Walk with an herbalist

32 Medicinal music

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Contents

5 **Publisher**
Reawakening

7 **Mailbox**

7 **Poem**
Steelhead

9 **Views**
Humboldt Harbor:
The Heart of Our Community

11 **News**
Six Years and Counting

15 **Week in Weed**
The Cannabis Conundrum

16 **NCJ Daily**

17 **On The Cover**
Nurses, Stat

16 **Home & Garden**
Service Directory

23 **Get Out!**
Wild Medicine

26 **Table Talk**
Easy Peasy

28 **Music & More!**
Live Entertainment Grid

32 **The Setlist**
To Our Health

33 **Calendar**

38 **Filmland**
The Bostonians

40 **Workshops & Classes**

40 **Field Notes**
How Sweet It Ain't

43 **Sudoku & Crossword**

44 **Classifieds**

Herbalist Greta de la Montagne holds a plantain leaf. Read more on page 23.
Photo by Amy Barnes

On the Cover
Illustration by Holly Harvey

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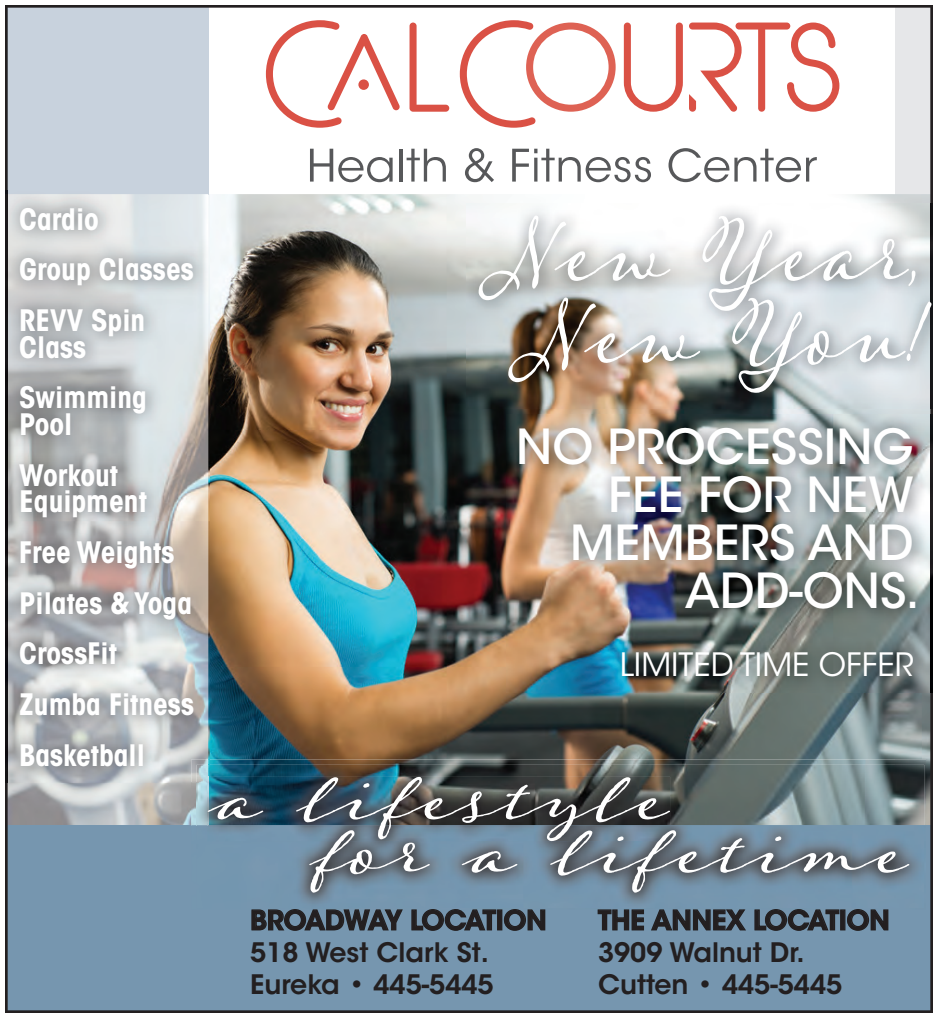

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5:30 to 7:30 p.m.
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Wednesday, February 15
5:30 to 7:30 p.m.
Sequoia Conference Center, 901 Myrtle Ave., Eureka

Cardiologists Bryon Dorgan, DO, Samer Kabbani, MD, and Andrew Michaels, MD, and Electrophysiologist Tin Botzler, MD, will present information on heart health including the causes and types of heart failure as well as treatment and prevention, what is a heart attack and how does Humboldt County manage patients, controlling high blood pressure and cholesterol, the role of pacemakers and defibrillators in cardiac patients, and more.

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Reawakening

By Judy Hodgson
hodgson@northcoastjournal.com

From the Oct. 30, 2008 edition of the *Journal*.

Excuse me. I've been hibernating. I remember the day I fell into a slumber. It was Nov. 8, the night I wrote my last column. No, it wasn't just Trump but the sort of family medical issues that compel a person to say, "Eff the whole world outside my house. I don't care anymore." Gone the very next day were Anderson Cooper, all TV news and most websites, too, except a quick online peek at *New York Times* headlines. I used to chide young people who say they get their news from comedy shows (*really*?) but I was right there with them on the couch these past two months. *Late Night* host Stephen Colbert somehow kept me sane.

This election was not my first rodeo. My first was 1960. I was in high school and that one turned out pretty well. "Ask not what your country can do for you ..." I couldn't actually vote for him yet but he spoke to me. By 1964, I was out in the real world working (no money for college). I was one of two people in our office cubicles at the U.S. Naval Ordnance Test Station in Pasadena who was supporting Lyndon Johnson. The other two dozen cubicle-mates were intelligent, young, passionate, *Republican*-leaning scientists who thought Goldwater was just fine. (I later married one of them — let's just say, he converted — and we've been together for 52 years.)

We've had some really terrible presidents in my lifetime. Richard Nixon not only was a crook (he knowingly broke laws while in office), it was recently confirmed that he actively worked to scuttle a peace deal Johnson had going late in his presidency that could have ended the Vietnam War. Instead, the war dragged on for years. What a devastating revelation to those whose loved ones were killed or wounded post-1968. (You can peruse H.R. Haldeman's notes regarding Nixon's orders on *The New York Times* website.)

More recently I was my mother's caregiver for the last years of her life and we had plenty of time for long talks. When she finally died in 2006, she said she was OK with the lymphoma that was taking her bit by bit, but what really upset her was that she would not live long enough to see George W. Bush out of office. She didn't care who came next. Anybody had to be better.

I am an old-school reporter and reporters weren't supposed to have opinions. No bumper stickers on your car or briefcase.

Continued on next page »

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No lawn signs. I had been successful so far in my journalistic career here in Humboldt County because I always knew when to change hats and *tell* readers I'm changing hats. Now I'm a columnist. Now I'm a reporter. In any case, in 2008 I took a leave of absence to volunteer for Obama. I was told at an organizational meeting to forget the entire West Coast. He's not going to win unless he could take Colorado or New Mexico, or both. Just get there if you can and work your tail off, we were told.

In 2008 my tail was 61 years old. I had a sister in Colorado who had a couch. I went. Never worked harder in my life, seven days a week for five weeks. Knocking on doors is not bad. In fact after you get used to it, it's a rush. People are absolutely fascinating. Every house has a story. In Craig, Colorado, we stared poor, white rural poverty in the face every day. Only once did a guy turn his dog loose on me. Every day I came dragging back to my sister's place and thought just one, maybe two people might have changed their minds that day. I could talk to people about Obama and guns. ("I come from Humboldt. Everybody has guns!") I could talk to them about a senseless war that sent their neighbors and brothers to Iraq to die. I tried and always failed to talk to them about coal. In the end, Coloradoans begrudgingly gave Obama a few percentage points more than John Kerry four years previous. That tipped the state and the election for him.

This advertising space is courtesy of the North Coast Journal

So much is being written these days about the Obama legacy. (Bears Ears National Monument in Utah, anyone? Awesome.) But what directly did he do for me here in Humboldt County? Name one thing. Well, he helped us grow this business, the *North Coast Journal*. The Affordable Care Act (I'm OK with calling it Obamacare) was really good for our company. Because the *Journal* is a small business and we paid for employees' medical insurance, we received tax credits every year from 2010 through 2015. What did we do with that money? We hired more people or we gave raises. We printed more pages. We kept expanding every year. We started to make a consistent profit. Finally, when the rates from our private medical insurance provider skyrocketed in just one year, 2015, we stopped providing medical coverage and helped every employee sign up for Covered California, the state's version of the Affordable Care Act, or private insurance. It's working for them and it's working for us as a small company.

What brought me out of my hibernation? Passage of time, plus I'm a news addict. I started listening to NPR on my long walks. I slowly started thumbing through the growing pile of magazines — *Time* and *The Atlantic* — in my living room. I turned the TV news back on to catch snippets. (*Oh, I missed you, Fareed Zakaria.*) Then I caught Obama's farewell speech. *Damn him!* He was talking directly to me. "For those of you young or young at heart, don't despair. Don't sit on the sidelines ..." Blah, blah. He even called me a citizen.

So on Tuesday of this week I'm going to an organizing meeting at a private home in Eureka (there is one in Arcata, I hear, too) to try to figure out how we, *as citizens,* can respond to each and every assault this new president will launch against the progress this country has made these past eight years. No, he can't take us back to 1981 or whatever year he fantasizes about. We've evolved and we're not going back. This is our country, our flag and our values. As a nation, we do have a moral compass. And it does not resemble his.

I know there are locals heading to Washington, D.C. for the Women's March this weekend. Good for you. I wish you well. For those of us staying in Humboldt, I hope to see you at the local March Saturday, Jan. 21 at 1 p.m., foot of C Street. Get off your couch. Grab an umbrella. You're tough, Humboldt. Let this new president hear from us.

●

Editor's note: Check back next week for the Journal*'s coverage of the inauguration, the Women's March in Washington, D.C. and its sister march in Eureka.*

Seeing Clearly

Editor:

Kimberly Wear has written a chilling article about an out-of control prosecution ("Profoundly Disturbing," Jan. 12).

The rights of the public to be protected and the rights of the public to protect themselves seem to have been confounded.

To make some sense of this we must separate being a public crusader from advancing a personal agenda. As scientists we are warned that use of the term "clearly" is a strong signal that what follows is anything but. Yet in County Counsel Blair Angus' behavior we see actions that are clearly not in the best interests of the target of her efforts.

Despite it being demonstrated multiple times that her actions were misguided, she persisted in placing her own preferences over the "clear" intentions of Dick Magney.

Independent of considerations of wasting tax dollars and clogging up the courts with frivolous suits, we may still ask: What was Angus' intention?

Was she aiming to pursue justice or to sensationalize a situation to promote her position for a judgeship? It really doesn't matter: She has disqualified herself from even holding her present position, even if her superiors insisted she engage in this travesty.

And if she is not to tarnish the entire County Counsel's office, she should resign.

Larry Hourany, McKinleyville

Editor:

That nutty Professor Levine, what a big softy! Referring to Ms. Angus' rumored desire to replace Judge Watson on our local bench, he says the appellate opinion "in itself may not be disqualifying ... ." Jeepers Professor, what does a lawyer have to do around here to prove she shouldn't be a judge? Murder somebody?

More to the point, what does she have to do to prove she shouldn't be a lawyer, or at least a lawyer we have to pay? In 2015 we paid her 150K, all told. And she's not just a lowly deputy county counsel either; she's THE Assistant County Counsel, Mr. Blanck's right hand ma-a-a-a-a-a- person.

Here's the County Counsel's Mission Statement: "The Office of the County Counsel is committed to providing the highest quality of legal advice, representation and — "wait, go back: "highest quality?" Really? Oh, this must be the part that applies to Ms. Angus: "The Office is committed to providing creative legal assistance...." I guess she was just being, uh, creative. Give that woman a robe and a gavel!

Jamie Flower, Arcata

Steelhead

Gone is December's method,
Practiced under the gauze
Of coming storms
And long mornings, finally
Duped into evening's silent coup.

Now, January,
Chilled cradle to summer's unborn,
Giving way to the hiss
Of slick, cold waters
And their emerald rumors,
Of rocks and shadows
And silvery ghosts in big, new worlds.

—Sam A. Flanagan

Remembering Amber

Editor:

I am overwhelmed again with the deep life-changing, tragic loss of my daughter Amber Slaughter. My heart is running, my belly is tight and working on trying to hold back the flood of tears that hide behind my eyes. On January 23, 1994, Amber was murdered by three young men all under the age of 18, who drove her to the South Jetty and ended her life. My father would have accompanied members of the Loleta fire department who responded to a call from a man who nudged her body lying in the road. Thankfully he was taking care of his mother that night at her apartment and was not one of the valiant first responders. Amber's sisters, parents, uncle, grandparents and community members also dredge up this tragedy with varying levels of emotional distress when January 23 approaches. Unfortunately, we continue to live with murder and mayhem in our world. Please join me for an extra prayer for peace on this day in Amber's name.

Francine Schulman, Eureka

McKinleyVOTE

Editor:

A special election is coming up in McKinleyville soon, for a vacated seat on the Board of the McKinleyville Community Services District (MCSD). If you are one of the several thousand registered voters in McKinleyville, your mail ballots should be arriving by mid-February. This will be a mail-only ballot.

I am giving my whole-hearted support in this election to Mary Burke, who is a great example of a young person working hard to make a difference in our community. Mary serves as an active volunteer on the Recreation Advisory Committee for MCSD, as well as working as a valued natural resource professional in our area.

Mary will make an outstanding new member of the MCSD Board. She has my backing because of her excellent qualifications, her seriousness of purpose about MCSD responsibilities and her commitment to fiscal responsibility and the safety and improvement of our open spaces and trails. Also, as a parent of a young child, Mary knows the importance of clean water, recreational opportunities and a safe community for the future.

Mary will have my vote and, if you live in McKinleyville, I hope your vote too. Please mark your mail-in ballot for Mary Burke in the upcoming MCSD Special Election.

Catherine B. Hanafi, McKinleyville

Continued on next page »

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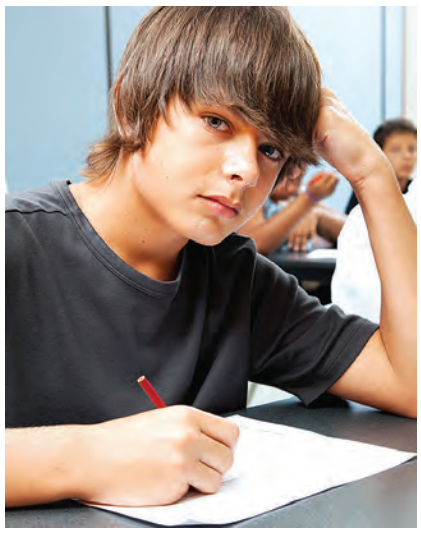

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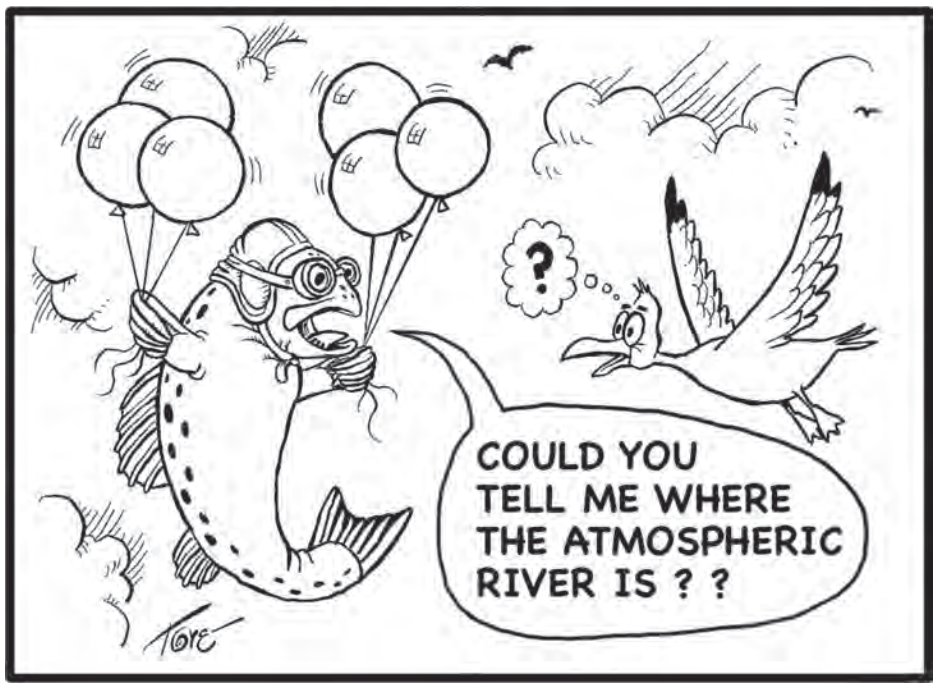

Terry Torgerson

A Day On

Editor:

What logic is behind the city of Fortuna not honoring the federal holiday for Martin Luther King? City Hall is open 1/16/17.

Kay Wunder, Fortuna

Narcissism

Editor:

In Greek mythology, Narcissus was the proud son of a river god and a nymph, and one who disdained others. Nemesis saw this behavior and attracted Narcissus to a pool where he saw his own reflection and fell in love with it — that is himself. Today, the Narcissistic personality is recognized as a personality disorder by *The Diagnostic and Statistical Manual of Mental Disorders* and is characterized by "exaggerated feelings of self-importance, an excessive need for admiration and a lack of understanding of others' feelings ... and appears to occur more often in males ... ." According to the manual, DSM-5 symptoms of individuals with NPD typically include:

1. Grandiosity with expectations of superior treatment from others.
2. Fantasies of power, success, intelligence, attractiveness.
3. Self perception of being unique, superior.
4. Needing constant admiration from others.
5. Sense of entitlement to special treatment and to obedience from others.
6. Exploitative of others to achieve personal gain.
7. Unwilling [or unable] to empathize with others.
8. Pompous and arrogant demeanor.

Does any of this sound familiar? Hold tight!

Edward "Buzz" Webb, McKinleyville

More good advice

Editor:

"Time flies like an arrow, fruit flies like a banana." — Groucho Marx.

Catherine Barnes, Eureka

A Beloved Teacher

Editor:

I enjoyed the interview with Lenny Escarda's daughter Peri Escarda, in the January 5 edition of the *Journal*. It's clear that Peri's father was an inspiration to her. I knew Mr. Escarda while he taught at McKinleyville High School. He seemed to always have a smile to share and if you had a problem, he was willing to find the time to discuss it. Years after graduation, when we encountered each other, he would call me by name. This, even though he had taught numerous students after I left.

Peri Escarda was lucky to have him as a father and I was fortunate to have him as a friend. As he inspired his daughter, he was an inspiration to his many students.

Scott R. Baker, McKinleyville

Write a Letter!

Please try to make your letter no more than 300 words and include your full name, place of residence and phone number (we won't print your number). Send it to letters@northcoastjournal.com

Humboldt Harbor: The Heart of Our Community

By Uri Driscoll
newsroom@northcoastjournal.com

Humboldt Bay *File photo*

Humboldt Bay is the heart of our community. Its pulse is the rhythm of the tides. Each tide disperses everything from micronutrients that sustain vital natural resources to cargo destined for international commerce.

There are unwritten natural laws and there are legislated laws that guide us through the decision-making process for utilizing our incredibly valuable resource, the port of Humboldt. The Humboldt Bay Harbor, Recreation and Conservation District was created by a legislative act that set parameters to ensure that decisions we make consider the health of our economy along with the health of natural ecosystems. The District's mandate is to "provide and develop port and harbor facilities for the benefit of the people," and for "the development and protection of natural resources."

At this year's Humboldt Bay Symposium, a variety of topics centered around the developing science of anticipated sea level rise. What was acknowledged throughout the two-day session was that long-term planning is going to be very difficult. For instance, how would you tell a property owner or land manager that they can or can't develop vital economic or environmental projects based on relatively new science and an untested model of sea level rise projections? Planning on horizons 50 or 100 years in advance is unprecedented.

Everything from environmental restoration projects, coastal-based affordable housing and international commerce are essentially being thrown into a regulatory quagmire. One example relating to restoration projects is the eradication of Spartina densiflora. Spartina is a sediment-trapping and topography-building plant that can collect enough sediment to keep up with sea level rise, according to initial studies. Some of these plants targeted for removal provide incredibly valuable coastal protections and replacing those protections would be very costly. Conservation of beneficial and established habitats may be wiser than attempting to recreate habitats that may have existed 150 years ago. Redirecting the resources spent on those eradication projects would effectively free up millions of dollars to work toward coastal protection and adaptation goals.

Let's look at what we have available to work with right now. One of the tools is the existing legislation, which includes the Harbor District's mandate. Effective and efficient transportation of goods help to fill local coffers and fund valuable conservation projects and recreational opportunities, as well as quality jobs. Since the downturn in shipping, the Harbor District has been forced to scale back valuable projects and become over-reliant on grant monies. This has resulted in projects that are often out of local control and laden with problematic conditions.

Instead of the project representing the best interest for our community, we are at times forced to accept only the projects that are "fundable" through outside interests. For instance, the district does not have the money to provide matching funds to determine if we are putting dredged sediments from the harbor channel in the right spot. Dredging spoils need to be considered a valuable commodity, not just inconvenient trash we dump 3 miles out in the ocean. Options relating to how we use dredge tailings should also include uses like cement manufacturing and re-enforcement of existing dikes and levees. Depositing a significant portion of the dredge spoils on either side of the jetties would return these valuable sediments to the ocean currents for distribution to beaches along the littoral cell. This is a common practice in other coastal areas. Then, as the sediment sands are collected by coastal plants, we actually grow land, a valuable habitat and coastal security.

Additionally, if the district was financially able to fund and support artificial reef projects, that would not only help our fisheries but, if placed in specific locations, may potentially deflect some of the Eel River sediments that end up in the bay.

Where are the current revenue streams? Right now, the district's main revenue stream is the marinas. Unfortunately, that rather modest revenue is being used to pay down debt from vacant or underutilized properties owned by the district. The aquaculture industry does not provide significant revenue to the district, although there are some unmeasured benefits, such as tourism from the Arcata Bay Oyster Festival.

Can or should shipping be revived? Many think so. Recent postings by one of our harbor commissioners indicate an encouraging uptick in cargo tonnage leaving our harbor.

We are in a unique position geographically, and because of our existing land use policies we are primed to reset our transportation system. We can be the green port of the nation. With increased efficiency in ship designs and rail, we could be at the forefront of reforming how we distribute international goods and services. No, we are not going to be able to transfer mile-long trains of coal through our port. We simply don't have the facilities and Gov. Brown signed legislation prohibiting new coal export facility development last August. We are not going to become the port of Oakland, either. Our harbor is simply neither big nor deep enough. However, we can look to the agriculture producers and manufactures of Northern California and western states to supply cargo in and out of our port using highly efficient diesel/electric locomotives.

Adding a visitor's train to showcase our spectacular bay would be icing on the cake. Hats off to the Timber Heritage Association for their efforts to bring our community the enjoyment of their popular speeder rail car rides.

We possess the vital opportunity to use our resources to enhance our productive harbor and protect our vibrant bay. We cannot afford to keep looking back and attempting to recreate a past that is long gone. We can have international commerce, abundant agriculture, aquaculture, coastal protections and thriving wildlife, as well as significant recreational opportunities. From my perspective, we need to start by trusting ourselves. We need to not just compromise but collaborate. It also means that we must recognize the tools we need to work with and grow more proficient with using them. Those tools include established legislative guidelines as well as our abundant natural, cultural and intellectual resources.

We can do this. ●

— Uri Driscoll is a professional horseman and farrier. He lives in Arcata.

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The Queen Anne-style house at 1635 G Street in Eureka.
File

Six Years and Counting

City asks court to take full control of problem properties

By Kimberly Wear
kim@northcoastjournal.com

While the Queen Anne-style house at 1635 G St. is considered to be one of Eureka's architectural gems, the once opulent two-story structure is now a shadow of its former self.

The ornate exterior has fallen into disrepair with broken windows encased in plywood instead of glass. Hallways where Eureka's elite once walked have seen squatters shooting up drugs while garbage piled up in the backyard, according to a city inspector and a District Attorney's Office investigator who made multiple visits in response to tenant complaints.

The nearly 130-year-old former private residence has been converted into a boarding house. Several of the individual rooms are missing doors. In one, an open umbrella hung outstretched from the ceiling in an attempt capture water leaking from the roof. In another, according to the inspection reports, a bare lightbulb dangled from an electrical cord.

The property is one of 26 owned by Floyd and Betty Squires that are undergoing, awaiting or have already been through repairs after a judge placed the couple's holdings into what's known as a "receivership" in 2013 ("G Street Squat," Nov. 24, 2016 and "Suing Squires," Sept. 1, 2016).

While the 1635 G St. home and others had been signed off as completed in that process, many have "now been returned to their unsafe and dilapidated condition with new additional code violations," due to the Squireses' pattern of neglectful management practices, according to court documents filed by the city.

Meanwhile, the properties in the most serious condition have not even begun repairs.

At a hearing scheduled for Feb. 10, the city will be asking Judge Dale Reinholtsen to completely wrest control of the properties away from the couple, stating in a strongly worded motion that failure to do so not only puts their tenants and the public in danger but also opens the court up to potential liability if someone is injured or a disaster were to occur.

"It has come to the point where it is clear that (the Squireses) cannot properly maintain their properties, cannot timely conduct repairs, and cannot effectively complete such repairs, or keep their properties safe for the community and the tenants that reside at the properties," the motion states. "(The Squireses) are merely permitted by the Court to continue their longstanding exploitation of their residents. And since the Court is responsible for the present condition of these

Continued on next page »

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Continued from previous page

properties, it must take immediate action to remedy the code violations that still persist at Respondents' properties."

The Squireses' attorney, Bradford Floyd, said most of the city's assertions were "fiction" and reiterated that "almost every property has been signed off by the city and the court."

"The city claims that they filed the motion because of the shooting that occurred at 1635 G St. (in December) and, yes, that happened. But I fail to see how that is Mr. Squires' fault," he said.

"This has nothing to do with the good citizens of Eureka," Floyd added, stating that much of the damage at 1635 G St. was caused by an angry tenant who broke out 16 windows and tore down part of a banister. "This has to do with the city of Eureka's dislike of Mr. Squires and trying to financially ruin him."

One of the main issues, according to the city, is the hybrid system that Reinholtsen agreed to in the Squireses' case, which veers from the traditional method of giving a receiver complete control over the abatement process — including the ability to take out loans on a property and collect rent to pay for repairs.

Instead, the Squireses have continued to oversee projects with receiver Jeff Smith outlining the work that needs to be done and reporting back to the court on the progress.

For his part, Smith said that he can understand the city's position but "I work for the court."

"I do what the court directs me to do, not more or less," he said.

Meanwhile, six years has passed since the city first filed for a receivership over the 26 properties in January of 2011, citing persistent "substandard and unsafe conditions." Over the course of 2016, attorneys for Eureka filed two other times to take the Squireses out of the equation.

Now the attorneys for Eureka are asking once again: Either put Smith fully in charge or get another receiver.

"It's obviously been a long, drawn out process to get where we are and then to have properties revert back to very similar positions, for the most part right after being signed off, is problematic," said Brian Gerving, Eureka's public works director and chief building inspector.

"The goal of a receivership is to quickly and comprehensively — and once and for all — resolve violations at the properties," he said. "Six years into the case, it's just not working out that way."

According to the city, the filing of the motion was prompted not only by the December shooting at 1635 G St. but the continued delays, backward progress and the Squireses' continued inability to properly manage their properties.

That includes, Gerving said, making hazardous repairs without permits or inspections as recently as last week after a subpanel caught fire at 1625 G St., just next door to the Queen Anne home.

Meanwhile, G Street neighbors have taken to writing the couple to express their concerns and circulating a petition. The latter apparently caught the attention of Floyd Squires, who appears to have left notes for some of his tenants.

Squires did not return a phone call seeking comment and Floyd, his attorney, said he was not aware of the communications.

"Your name is on a petition to vacate the building at 1625 G Street due to drugs and bad tenants," reads the typed note on Humboldt Bay Properties letterhead with Squires' name and signature. "You are one of the tenants. Who brought you the petition to sign and WHAT did they say to you? Your prompt attention is appreciated."

●

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Cannabis, Stress, and Health

It has been long established that heightened levels of stress can have a negative impact on health, yet many of us lead a stressful life day to day. Whether it be a rough day at work, balancing the family life, missing sleep, financial hurdles, preparing for tests, or even reading the news, Americans' modern lifestyles have become increasingly stressful. Our culture is also experienced in masking our fatigue through stimulants, artificial lights, and even drug use. This only compounds the issues of stress and can create negative impacts on health.

The amygdala is a portion of the brain that controls memory, decision making, and emotional reactions. It is one of the many parts of the brain affected by high levels of stress. When we over stimulate our amygdala, there can be negative health impacts, including increased risks for cardiovascular disease and increased inflammation. Many Americans develop such serious stress issues that they must visit their doctors in the hope of finding some relief.

Antidepressants are commonly prescribed, and while they may work for some, many individuals experience side effects that include sexual dysfunction, weight gain, and sleep disturbance. When searching for an alternative, some individuals explore medical cannabis as a natural medicine to help reduce stress and anxiety. While cannabis may be a helpful tool, it is a drug that also can come with side effects and should be used responsibly. THC and CBD can offer a sense of relaxation, calming, and well being for many patients when used at a low dose. Conversely, high doses of THC can actually increase the perception of stress and anxiety. This is referred to as the Biphasic effects of cannabis. In addition, cannabis is not a cure all for stress, but when used in conjunction with a healthy diet, increased physical activity, quality sleep, and even meditation, many patients feel a reduction to their levels of stress and an improvement to their life.

At HPRC patients can access a wide range of medical cannabis products that may help address stress and anxiety. When looking for cannabis flowers, be conscious of the THC and CBD content, and which terpenes are most dominant. Beta caryophyllene, linalool, and humulene are terpenes that can assist in reducing stress. Higher CBD content (x>1%) and lower THC (x<15%) has been indicated by our patients to be helpful in lowering levels of stress. If choosing orally ingested forms of cannabis stay below 1 mg of THC if you are a new user and wait up to two hours for the full effects to be present.

Patients should not neglect the benefits of physical activity on the endocannabinoid system. Working out and increasing the internal production of natural cannabinoids like anandamide can be as beneficial as consuming medical cannabis. A healthy relationship with cannabis, the mind, and the body has improved the lives of many patients at HPRC. To learn more about accessing safe medicine, from a compliant and responsible source, stop by our medical cannabis dispensary located in beautiful Downtown Arcata. Always work with your doctor when making any changes to your medicine.

Sources of research :

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The Cannabis Conundrum

Where drugs and medicine collide

By Linda Stansberry
linda@northcoastjournal.com

When I began my brief career as a drug and alcohol counselor (2010-2012), I had learned to define sobriety along some pretty stark lines: Either you were abstinent from all psychoactive substances or you weren't. Sober people don't take medicine that doesn't have their name on the label. Sober people don't occasionally take psilocybin mushroom to fast-track their spiritual growth. And sober people don't smoke weed, even though it's "just a plant," it's medicine and is rarely habit-forming. (Actually, it's more habit-forming than most people think, but we'll get to that later.)

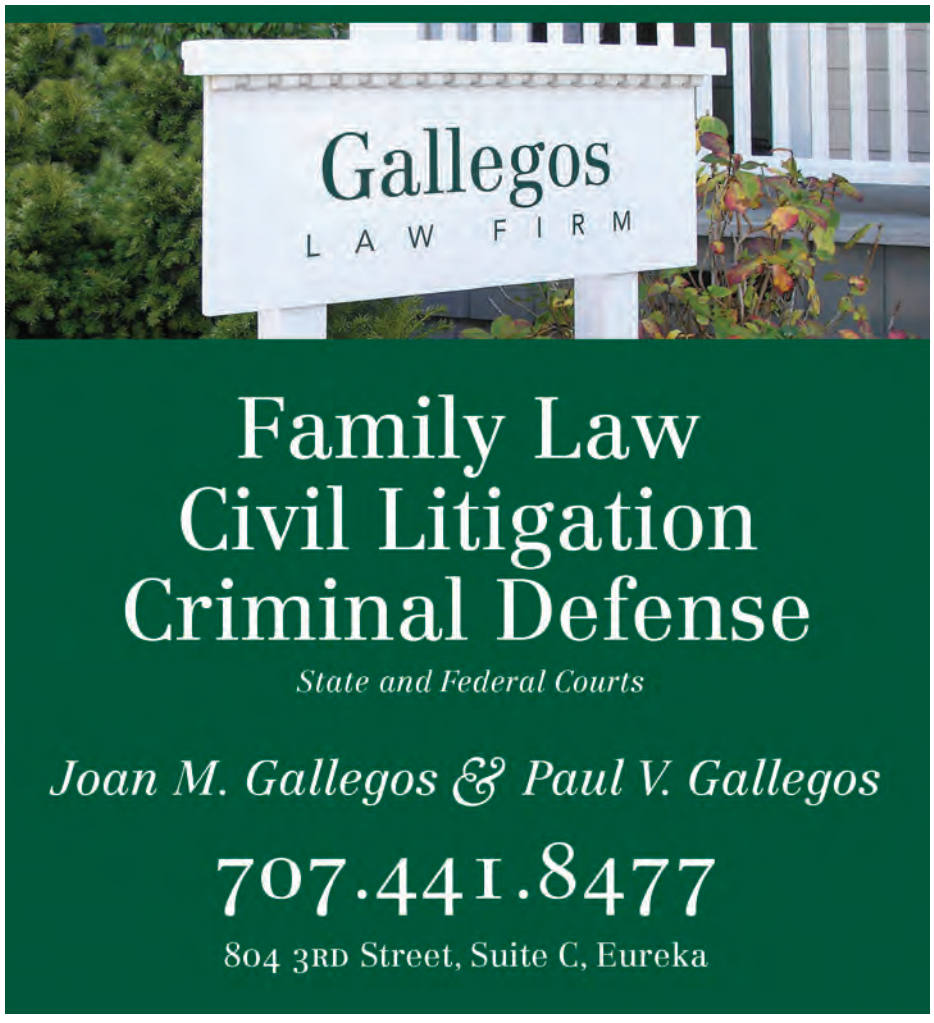
These tenets were rooted in common sense and the hard-won experience of recovering addicts. As anyone who has struggled with addiction or loved an addict knows, defining what constitutes a relapse and then sticking to that definition can be very important, and blurring the lines by experimenting with any mind-altering substance or even behavior (such as sex or gambling) can lead to a full relapse with one's drug of choice. Sublime summed this up more succinctly in their 1996 song "What I Got": "I don't get angry when my mom smokes pot/ Hits the bottle and goes back to the rock."

But what I found when I actually began working with addicts and alcoholics is that success in recovery often relied on letting my clients define the terms of that success. And I was lucky enough to work for a program that didn't demand our clients practice complete abstinence outside of attending our classes and therapy groups. I still recommended complete abstinence, 12-step groups and ongoing therapy, but I also learned that if clients started going to the gym instead of going to the bar, or if someone switched from methamphetamine to marijuana, and their lives improved, and they called it a win, I could call it a win, too. This philosophy, loosely defined as harm reduction, is beginning to gain more ground in addiction treatment. But most programs still use complete abstinence as the yardstick by which success is measured. (For the record, if you're an addict or alcoholic, I *still* recommend all of the same things I suggested when working in treatment.)

Which brings us to weed. It's a sticky topic in the recovery community, especially here in Humboldt County. The industry and recovery are often difficult to reconcile. On more than one occasion I had to ask clients to leave groups when they arrived smelling of their work, because I was worried it would trigger other group members. I know people who have maintained a successful recovery for decades despite growing pot and others who habitually relapse because they're lured back to old friends and old habits during the trim season. Recently, *Rolling Stone* ran an article about medical marijuana and its lack of acceptance in the recovery community. Although federal regulations have prevented extensive study and approval by the Federal Food and Drug Administration, cannabinols have been shown to help with a wide spectrum of physical and emotional problems, and their medical benefits can often be separated out from their recreational highs.

I have a couple of theories as to why there is reluctance to embrace medical marijuana in the recovery community, some of which is based on my own former ignorance. First, I think that many of us were introduced to the idea of "medical marijuana" as a backdoor way for people to smoke the stuff recreationally, before the current sophistication of strictly medicinal CBD. In line with the afore-mentioned warning about how "sober people don't take medicine that doesn't have their name on the label," recovering addicts might righteously feel dubious about using anything that requires going down to their local dispensary.

Cannabis was once a common ingredient in patent medicines, but for most of modern memory it has been a prohibited, stigmatized stoney gateway drug. I would still be reluctant to recommend its use to anyone who is in recovery. But I have also seen many people relapse and die after taking drugs that *do* have their names on the label, particularly opiates. Medical cannabis is now being prescribed to address chronic pain and other issues traditionally treated with highly addictive narcotics. So, should medical cannabis be formally reclassified by recovery professionals? Can it be totally separated from its relapse-triggering stoney properties? And is cannabis really addictive? Is it a gateway drug? In short order, my answers: Probably, probably not, yes and yes, but not in the way you think. Buckle up, because next week we're talking about neurochemistry. ●



The Return of the California Condor

The Yurok Tribe is leading a major effort to restore a bird that hasn't been seen on the North Coast for over a century. The tribe teamed up with a number of agencies, including PG&E, the National Park Service, U.S. Fish and Wildlife and the National Park Foundation to restore the California condor population.

The National Park Service is seeking public comments on Jan. 24, at the Wharfinger Building, in Eureka. This public meeting will be one of five taking place in the coming weeks on the restoration project.

"The condor has played a major part in Yurok ceremonies and culture since time immemorial," said Thomas P. O'Rourke Sr., chairman of the Yurok Tribe, in a press release. "It is through collaborative projects like this that we will bring balance back to our natural world."

The condors will be released into the Yurok ancestral territory located in Redwood National Park. Over the next few years the project will involve the construction of a condor release facility in Redwood National Park as well as the development of a GIS database for Humboldt and surrounding California counties. The project will also include the design of a remote tracking and monitoring system to better understand flight and habitat patterns of the condor.

The number of California condors hit an all-time low during the 1980s, when there were only 22 individual birds left. A number of factors, lead poisoning believed to be among them, nearly led the animal to extinction. In December of 2015, there were over 400 counted condors both in captivity and in the wild. PG&E said in a press release that this project will allow condors to regain their foothold in their former Northern California range and further strengthen the condor population overall.

"In our role as energy provider to millions of Californians, we're committed to working in ways that protect the habitat for the majestic condors and all of our state's wonderful diversity of species," PG&E Corporation Chairman and CEO Tony Earley said in a press release.

— Sam Armanino

Posted 1.17.17 Read the full story online.

March for MLK

On Monday, Jan. 16, the march organized jointly by the Eureka Police Department and the Eureka chapter of the NAACP celebrated the life and legacy of Dr. Martin Luther King Jr. with a crowd that stretched for several blocks as it marched down Third Street to the Adorni Center. *POSTED 1.17.17*

Photo by Mark McKenna

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Making the list: Three Humboldt State University students — two of whom grew up in Southern Humboldt — made *Forbes Magazine*'s prestigious 30 Under 30 list for their entrepreneurial success in the manufacturing and industry sector. Mike Radenbaugh, Tyler Collins and Marimar White-Espin were recently recognized for their electric bike company headquartered in Seattle: Rad Power Bikes. *POSTED 01.11.17*

Sick time: The flu season is now underway in Humboldt County, but public health officials say there's still some good news to be had: Lab results show the current vaccine is a good match for the strain making the local rounds — meaning better protection against the flu — and there is still time to get a shot. *POSTED 01.17.17*

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Digitally Speaking

1,319

The number of people in Humboldt County documented as homeless in 2015, the last time the county's Point-in-Time count was conducted. This year's count has been postponed until Feb. 28 to recruit more volunteers, who will receive required training from the U.S. Department of Housing and Urban Development. *POSTED 01.10.17*

They Said It

"After hitting refresh on the page for the 5,000th time, we found out with the rest of the world."

— Tyler Collins describing how he and his Rad Power Bikes cofounders, fellow Humboldt State University alumni Mike Radenbaugh and Marimar White-Espin, made Forbes Magazine*'s 30 Under 30 list for entrepreneurial success in manufacturing and industry.* *POSTED 01.11.17*

Comment of the Week

"Going to love my new city."

— Carol Shockley commenting on the Journal*'s Facebook page about a resolution brought for adoption by Eureka City Councilmember Kim Bergel that delineates city attitudes toward the rights of immigrants, women, the LGBTQ community, people of color, people of all faiths and the environment.* *POSTED 01.12.17*

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With a program shuttered and increasing demand, officials scramble for solutions to Humboldt County's looming nursing crisis

By Thadeus Greenson
thad@northcoastjournal.com

You've probably heard a story about a friend or loved one who went to the emergency room in Humboldt County and had to wait hours to be seen. Or maybe after getting into the ER, he or she was transferred to an intensive care unit out of the area. "Not enough beds," "not enough doctors," go the tired and true refrains. But those are far from the only or the most frequent limiting factors.

"There are beds in the county — plenty of hospital beds in the county — there just aren't the nurses available to give you care," explained Sara Isaacson, chief nursing officer at Mad River Community Hospital.

As an example, Isaacson pointed to the hospital's intensive care unit, which has enough rooms to accommodate six patients but has to be staffed with a nurse per every two patients. When the hospital can only find two nurses to work an ICU shift, it has to limit ICU admissions to four patients, meaning anyone else will have to be sent to another hospital or held in emergency discharge until a patient leaves the ICU.

"That's the game that sometimes goes on all day long," Isaacson said. "There is a bed, there just isn't a bed with a nurse attached to it. Every day, it's a limiting factor and it's hard because on the horizon, it doesn't look better."

The official numbers put Humboldt County just on the cusp of designation as a "registered nursing shortage area" by the California Office of Statewide Health Planning and Development (OSHPD). But just about everyone in the local health care industry concedes there is a shortage, one that impacts patient care, hospital staffing and provider budgets.

And the numbers indicate Humboldt's problem is getting worse, and fast. Back in 2010, the county had about 1,500 registered nurses, according to data from OSHPD. By 2012, that number had dipped to 1,483. Two years later, it fell to 1,451. In 2015 it came in at 1,401, marking a 7 percent drop over six years.

"It's been pretty steady," said Pat Farmer, a local nurse practitioner who works as a nurse expert consultant for the Center to Champion Nursing in America, a national initiative working to improve healthcare through better use of the nursing workforce. "I think it's a very substantial problem."

While exacerbated by a number of factors, Humboldt County's trend isn't unique and many — including Farmer and Isaacson — feel a national nursing shortage isn't far off. According to a 2014 report by the American Nursing Association, 53 percent of the nation's almost 3 million working nurses were over the age of 50. Many believe a national nursing crisis was simply delayed by the great recession, which kept many in the workforce longer than they'd planned and sent others scurrying out of retirement.

Humboldt County, with its rural isolation and socio-economic challenges, also

Continued on page 19 »

5 Facts about Opiates and Pain:

- Opiates are a type of pain reliever. Types of opiates include: Norco, Morphine, Hydrocodone, Vicodin, Codeine, Heroin, and others.
- Opiates can have serious side effects and may not be the best way to manage your pain.
- 1 in 4 people taking prescription opiates long-term develop dependence.
- After 2 months, opiates can lose effectiveness and you may feel more pain.
- A study from the National Safety Council found that the most effective pain relief combination is 200mg of ibuprofen + 500mg of acetaminophen.

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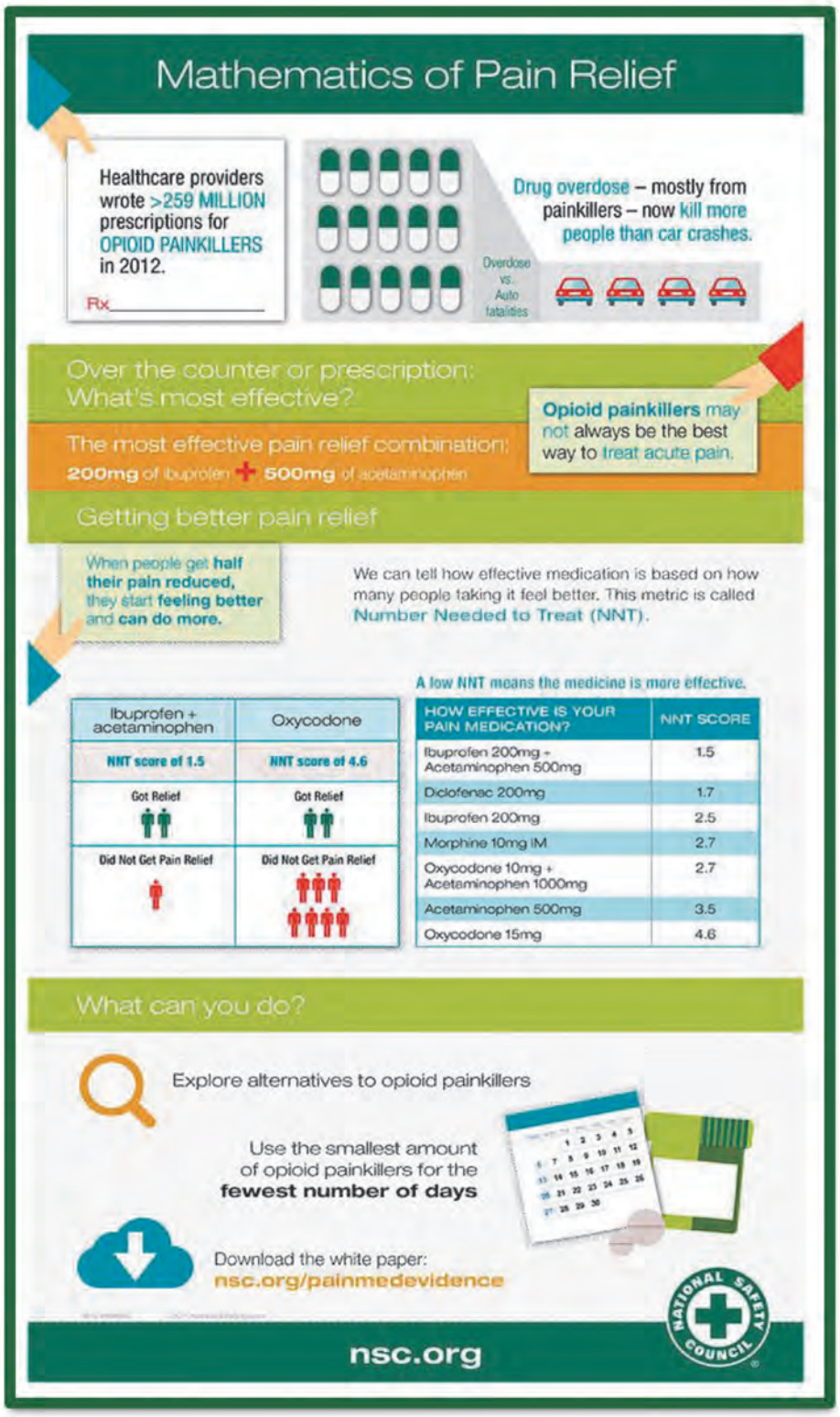

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Rx Safe Humboldt is a coalition of Humboldt County organizations dedicated to promoting safer care and better outcomes in the treatment of pain.

For more Information:
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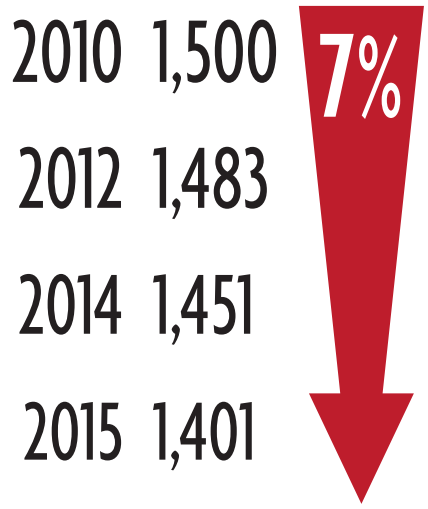
You can safely dispose of unused or expired opiate prescriptions in Humboldt County. Learn more about medication disposal sites at www.rxsafehumboldt.org

Continued from page 17

And the numbers indicate Humboldt's problem is getting worse, and fast. Back in 2010, the county had about 1,500 registered nurses, according to data from OSHPD. By 2012, that number had dipped to 1,483. Two years later, it fell to 1,451. In 2015 it came in at 1,401, marking a 7 percent drop over six years.



"We cut the supply chain in half. It just defies common sense to think that's not going to have a substantial impact."

— *Pat Farmer*

faces a unique set of hurdles. Those were made worse back in 2011 when Humboldt State University, in the midst of an intense budget crunch, shuttered its nursing program, closing a supply line that had been graduating about 60 students a year into the local community with Bachelor of Science degrees in nursing. College of the Redwoods, meanwhile, sends about 60 graduates into the nursing workforce annually with associates' degrees, but area hospitals and medical facilities are already hurting from HSU's closure.

"We cut the supply chain in half," Farmer explained. "It just defies common sense to think that's not going to have a substantial impact."

Now, six years later, it appears there's a universal recognition of the need for a program that will both bring more nurses into the local workforce and give the ones here opportunities for advanced education. To that end, Connie Stewart, executive director of HSU's California Center for Rural Policy, said the North Coast Health Leadership Team — a regional group of healthcare and human services CEOs — recently discussed local nursing needs with representatives of both HSU and College of the Redwoods, and the parties have continued to meet with the aim of improving healthcare career pathways.

Back in 2011, when then Humboldt State University President Rollin Richmond announced in a campus-wide email that the school's decades-old nursing program would shut down, the program was at once successful and foundering.

Its graduates were universally hailed as well trained and prepared to enter the workforce. The program was impacted, with a line of students waiting to get in, and it was one of the few at HSU — or most other places — in which graduates could grab their diplomas and walk into the real world with virtual certainty they would find a job in their chosen field.

But the program was also clearly dysfunctional. It had been having a terrible time recruiting tenure-track faculty. Even worse, according to then HSU Provost Bob Snyder, the program, when given an exemption from a campus-wide hiring freeze in 2010, its administrators failed to put together a committee or come up with hiring criteria. When asked to formulate a plan with clear goals and benchmarks for improvement, the program submitted nothing. A couple of months before Richmond's email, the program director, Martha Libster, who had been handpicked by administrators just a few months earlier from out of state to come in and lead the department, resigned citing a hostile work environment.

At that point, the program had already been given a reprieve. In the spring of 2010, with HSU facing a massive, recession-fueled budget deficit, administrators were looking to cut the school's academic affairs budget by $7 million and asked the Academic Senate to recommend program eliminations totaling $1.3 million. Nursing was at an automatic disadvantage in this process, which asked faculty members to choose which programs — and which colleagues' jobs — to cut.

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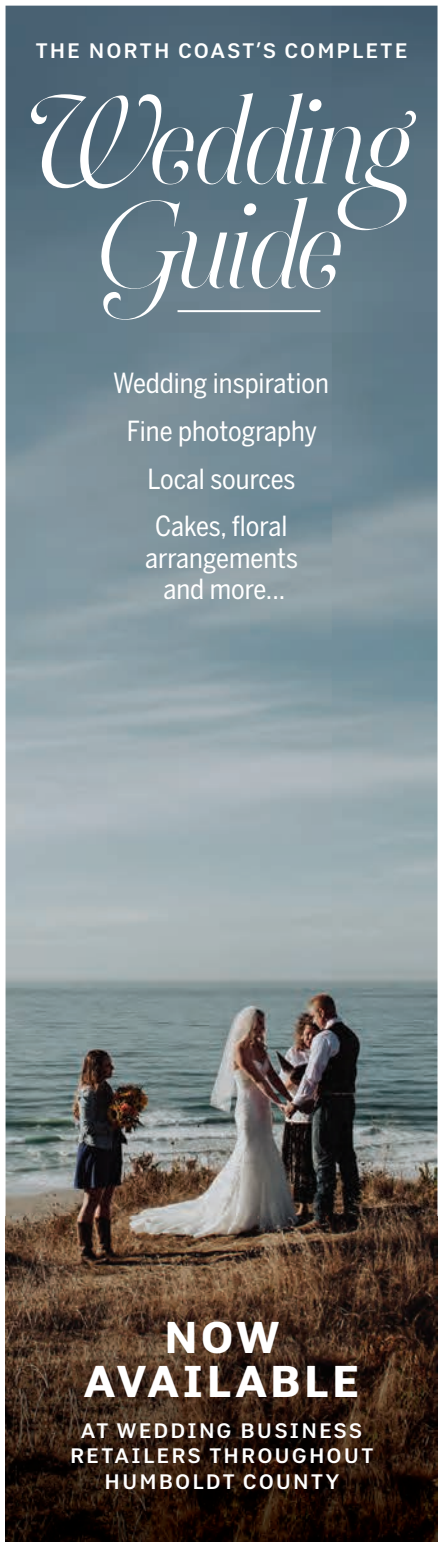

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On the Cover

Continued from previous page

Jill Bidwell, a nurse at St. Joseph Hospital.
Photo courtesy of St. Joseph Hospital

The nursing program cost the university about $900,000 annually (nursing programs are inherently expensive because they require extensive in-the-field supervision) making it far and away one of the most costly on campus. If the senate chose to save nursing, it would have had to cut a plethora of other programs to arrive at the same savings. So in April of 2010, the senate recommended that nursing get the ax.

But a community outcry ensued, with local hospitals, editorials and elected officials all pointing out the desperate need for the program and its great value to the county as a whole. Richmond granted the program a reprieve but it was clearly on thin ice. Just about nine months later, its fate was sealed. At the time, many close to the program felt HSU administrators — tired of the department's internal turmoil and its high price tag — had simply allowed the program to wither on the vine, refusing to intervene when it was clearly struggling. (For his part, Snyder said it would have been inappropriate for administrators to step in and guide hiring processes or help the department formulate a plan to save itself.)

Whatever the exact reasons and motivations, the program shuttered, with its last graduates crossing the Redwood Bowl stage in 2012.

"It's water under the bridge," said Pat Gircyc, director of CR's nursing program at the time. "Let's look at where we are now and what we need to do in this totally changing landscape."

Health care has changed dramatically in recent decades. People are living longer — and living longer with chronic diseases. And there have been dramatic advances to make surgeries less invasive: While having a knee replaced used to require a week-long hospitalization, patients now often go home the next day. Someone getting a gall bladder surgery, which once required a 10-day stay, today might go home as soon as the anesthesia wears off.

These advances have changed nursing in two fundamental ways. First, it has pushed some of the demand for nurses out of hospitals and into homes and rehabilitation facilities. Second, it has made hospital work much more complex.

"People in the hospital are just a lot sicker than they used to be," Gircyc said.

This means the demands of nursing education have also changed. There are three routes to becoming a registered nurse in

Continued on page 22 »

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Continued from page 20

the United States: a three-year diploma program typically administered in a hospital; a three-year associates degree (AA) obtained through a community college; or a four-year baccalaureate degree (BSN) through a university. Graduates of all three programs need to take the same licensing exam to work as registered nurses.

But the healthcare world is gradually demanding that more and more nurses get a BSN, which opens the door for advanced degrees and leadership roles. In fact, a BSN is now required to become a public health nurse or work for the VA Clinic. In California, Farmer said about 10 percent of employers require a BSN and 70 percent prefer one.

And data seems to support the shift, as a host of studies have found that hospitals with more highly educated nursing staffs tend to have better patient outcomes — judged by everything from patient mortality to infection rates. This is certainly not to say that a nurse with a BSN degree is inherently better than one with an AA degree, but the data indicates that, on the whole, more education is a good thing. In fact, back in 2010, the Institute of Medicine released a landmark report calling for 80 percent of the nursing workforce to hold a BSN by 2020.

This represents a unique challenge in Humboldt. With the closure of HSU's program, the county lost about half of its nursing graduates entering the workforce. But it also lost 100 percent of its BSN nursing graduates. At the time, administrators at both CR and HSU said they recognized this need and pledged to work diligently to create some kind of distance learning program that would allow CR's students to enroll in another California State University and pursue a BSN degree. For reasons that aren't entirely clear, no formal program was ever created but even such a so-called "bridge" program would only solve half of Humboldt County's problem.

"That's not going to address the overall shortage of nurses," Farmer said.

53% of the nation's working nurses are **50+**

American Nursing Association report, 2014

Almost five years after HSU's last nursing graduate entered the local workforce, the future of nursing in Humboldt County isn't entirely clear. At Mad River Community Hospital, Isaacson said she's constantly scrambling to find and hire nurses, even at a hospital that enjoys better retention numbers than most.

Nurses are in such demand, Isaacson said, that the registry — or traveling — nurse industry is booming. This means there's little to tie younger nurses down. If someone wants to spend time traveling, maybe working a few months and then taking a few months off, he or she can. "The millennial generation is so mobile," she said. "And, if they're good, they'll have work whenever they want it."

This means that, in a pinch, Isaacson, St. Joseph Hospital and others will pay a registry agency $115 an hour to staff a nursing position for 13 weeks at a time. While this is far better than not having a nurse to fill a shift, it's far from ideal. The cost is exorbitant, and the shift is being filled with a nurse who was trained elsewhere and isn't fully integrated with the facility or Humboldt County's unique — and extensive — public health needs.

While many options have been explored — Isaacson said Mad River Community Hospital even looked into buying up housing to offer up to traveling nurses with the hopes of luring them into staying a while on the North Coast but decided it would require too big of an investment — most come back to the need for some kind of opportunity for advanced nursing education locally.

Gircyc said she personally sees a lot of momentum in this direction, saying that "it's on everyone's radar." But, she said she doesn't want to see HSU's old program simply revived. "What we need is something really out of the box and innovative that meets the community needs," she said.

Most agree that this would be some kind of collaborative effort between CR, HSU and local healthcare providers. The ideal would be a program that allows CR's nursing program, which has a lengthy waiting list, to increase enrollment in a partnership with HSU that would feed graduates into a BSN program, where they could finish their last year or so of post-licensure classroom work to graduate with a BSN.

This would prove less costly for HSU, as much of the expense of nursing programs comes from the first years, which require in-field supervision and low student-to-faculty ratios.

Currently, there are a host of online BSN programs available to nurses working with an AA degree but it's often hard for working nurses to return to school and, even when they do, they can run into requirements — like prerequisites — that necessitate their going back to school before enrolling. And even when working nurses do get into an online BSN program, they receive a generalized education that lends no Humboldt-specific perspective.

A true partnership between a community college and a university streamlines this process, ensuring students can step directly from the AA program into a BSN while receiving a localized education at every step.

It's clear there is a problem in Humboldt County with a larger one on the horizon and they're not going to resolve themselves. If Sara Isaacson is ever going to rest assured that her ICU will be filled to capacity with patients and the nurses to care for them, the community is going to need to find a solution. And Farmer, the national consultant who works locally and got her AA degree from CR, said that solution needs to come sooner rather than later.

"I don't think it's going to take five to 10 to 15 years for the problem to blossom locally," she said. "It's pretty widely accepted that we are headed toward a pretty significant nursing shortage." ●

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Herbal activist and healer Greta de la Montagne describes the medicinal properties of usnea.
Photo by Amy Barnes

Wild Medicine

An herbal walkabout with Greta de la Montagne

By Amy Barnes

getout@northcoastjournal.com

It's windy out and the clouds are a bruised, luminous purple not found anywhere, really, except the sky. Thunder rumbles across the bay from Eureka and Greta de la Montagne emerges from the car with eyes to the ground. She promptly spots a clump of plantain. Smashing a leaf between her thumb and fingers she explains, "From a first aid perspective, I always want to have this plant on hand. It's like an herbal Band-Aid."

Armored with rubber boots and rain jackets, we continue our blustery journey around the footpaths of Arcata's Marsh and Wildlife Sanctuary. We stop often, inspecting plants as she describes their medicinal uses. There's blackberry root and teasel and dock and dandelion, all with specific and powerful roles in healing. These "starter plants" are good basics for fledgling herbalists to be aware of because they're easy to find and identify. "Once you start paying attention, you'll see a pharmacy all around you," de la Montagne muses. "Some of our most powerful medicines are growing out of the crack in the concrete."

Exhibiting the no-nonsense calm and wisdom of a true mountain woman, de la Montagne grew up expeditioning with her parents in Montana's "big wild." She learned early on that if something goes wrong out in the wilderness, you have to heal yourself with what's at hand. Ecology was a big part of her life growing up in Montana but she discovered herbal medicine during treatment for a broken back sustained during training for the U.S. Olympic ski team.

An educator and herbal medic, de la Montagne is founder of the Medicine for All Seeking Health and Healing (MASHH) Clinic Collective, a coalition of street and forest EMT-certified women who respond to medical emergencies with herbal first aid. She is also an Ayurvedic practitioner and runs a massage therapy business out of her home. Above all, de la Montagne's mission is to educate people about herbal medical practices that are, she says, all but lost to Western society. These skills, developed over thousands of years, are no longer passed from generation to generation. "How have we allowed that knowledge to be discarded?" she asks. "Allopathy has disempowered the people. We're kind of helpless."

From severe burns to dysentery and birth control, de la Montagne maintains all can be approached affordably and easily

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Home & Garden

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Continued from previous page

with herbal treatment. Why spend thousands of dollars at the emergency room when age-old techniques would work, sometimes more effectively? And if things fall apart, we need to have the tools and the knowledge to take care of ourselves. Sound intriguing? Before you haul yourself out into the wilderness with your spade, there are a few things to consider.

It's important to be mindful when collecting plants in the wild. Ethics are a big deal. Some ground rules for wild harvesting include taking only one out of every five in a stand of plants. For more rare plants, take one out of every 25. With specimens that grow in circles, be sure to harvest the elders on the outside of the group first. If you're after a plant that reseeds with the wind, you'll want to harvest downslope so the ones at the top can keep reproducing downhill.

Also consider what wild animals might be using a plant. Osha, for example, is a sought after herb for humans, but it's also the first plant the bears dig up in the spring. "It's important for their health," says de la Montagne. "They've been sedentary all winter and they need it to get their blood moving."

Never gather plants in state or national parks, or on native lands where Native medicine practitioners often foster stands of herbs for tribal use. Remember, too, that other people are out there harvesting, so as a rule of thumb, try to go far away from other humans when you forage. While it's acceptable to harvest commonly available herbs, de la Montagne suggests it's best to leave rare plants for wild animals and skilled herbalists.

Also important is the history of the site where you're collecting. She says, "A lot of herbs grow along railroad beds but think of all those years with creosote leaking from the ties. ... You also want to pay attention to logging landings, places where diesel got spilled or who knows what. It can be kind of a gamble; use your intuition."

Educating yourself before heading out to wildcraft herbs is a very good idea. "It's not like you need a botany degree," de la Montagne says, "but if someone isn't paying attention, they could get into a lot of trouble misidentifying plants." Some plants look scandalously alike — so much so that even experienced wildcrafters have met their doom mistaking poison hemlock for wild carrot.

As the rain sweps in from the south, we hunker down in de la Montagne's cozy herb kitchen to talk more about her work. On the counter is a pale green puff of usnea, collected after a recent windstorm. The bookshelves are stuffed with literature and a wall is lined with bottles, jars and all manner of intriguing concoctions. "This is a good place to start learning," she says, handing over a copy of her beloved teacher Michael Moore's book, *Medicinal Plants of the Pacific West*, worn to floppiness.

We're fortunate to have a bunch of local herbal education resources. Look to Humboldt Herbals in Eureka, online at www.humboldtherbals.com, for plant walks and herb classes. The local chapter of the California Native Plant Society regularly hosts tours and talks you can find on its website, www.northcoastcnps.org. Also visit Humboldt State's Campus Center for Appropriate Technology's website www.ccathsu.com for its classes. For more information, you can also contact de la Montagne directly at gentlestrengthbotanicals@gmail.com. Finally, if you want to get serious about your practice, check out the Professional Herbalist Training Program at the Northwest School for Botanical Studies, online at www.herbaleducation.net.

In the garden, a collection of plump hens shuffle under an 80-year-old apple tree. Even in January, the borage and calendula are doing their best to bloom and a yellow tea rose arcs triumphantly across the afternoon sky. De la Montagne effuses over healing properties of the medicinal plants in her garden. She uses them for first aid, cooking and flea busting, or just to make things smell better. She tells me about the pennyroyal that grows in the ditch up the road and she touches the long strands of the silktassel that hang over the sage she uses in her goat cheese. De la Montagne hopes people will come to realize the value of taking health care into their own hands. What might heal us could well be growing in our own back yard. ●

Greta de la Montagne's go-to herbal resources:

Medicinal Plants of the Pacific West by Michael Moore

Nature's Garden, A Guide to Identifying, Harvesting and Preparing Edible Wild Plants by Samuel Thayer

Botany in a Day, The Patterns Method of Plant Identification by Thomas J. Elpel

Herbal Handbook for Farm and Stable by Juliette de Bairacli Levy

Shanleya's Quest, a Botany Adventure for Kids Ages 9-99 by Thomas J. Elpel (Kind of campy, but de la Montagne says kids love it.)

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A hearty, nourishing one-pot meal.
Photo by Holly Harvey

Easy-Peasy

Chickpea and peanut stew

By Louisa Rogers
tabletalk@northcoastjournal.com

A month after we married in the late '70s, my husband Barry Evans and I decided to stop eating meat. Which wasn't that difficult because, although I was raised on fried chicken, Southern ham, pork chops and ribs, I never learned to cook meat myself. As a single woman in my 20s, the closest I came to meat was ordering chili at the corner diner.

We had different reasons for our decision. Reading Frances Moore Lappé's *Diet for a Small Planet,* I was appalled to discover that grain in developing countries had been replaced by livestock to satisfy the demand for meat in countries like the U.S. Barry, meanwhile, was outraged by the descriptions of animal treatment in Peter Singer's 1976 classic, *Animal Liberation.*

We weren't vegans (we hadn't heard the term yet) and we didn't even call ourselves vegetarians, since we occasionally ate fish. Like other non-meat-eaters I knew, we consumed copious amounts of quiche and other rich, cheesy meals, oblivious to the fact that dairy can be as damaging to the body and the planet as beef. According to *Grist,* an environmental online newsletter, one pound of cheese requires 10 pounds — about 5 quarts — of milk from a cow that emits methane, not to mention the grains that go into feeding the cow.

Almost 40 years later, I'm grateful for our decision. Research consistently shows that a low-meat diet reduces the risk of heart disease, diabetes, certain cancers and even early death.

On the fitness front, the belief that endurance athletes who don't eat meat are at a disadvantage has been debunked. While neither Barry nor I would call ourselves endurance athletes, we're as active now as the day we married. To celebrate my 60th birthday, we hiked 200 miles across England along the spectacular Coast-to-Coast trail, and every summer we backpack in the Trinities and the Marbles.

Beyond the health benefits, eating less food from animal sources is economical. And it helps the planet. What's not to like?

I'm occasionally asked if I miss meat. I remember fondly my college days in New Orleans, when my friend Jennifer and I would hitchhike from the Tulane campus to Bud's Broiler, the best hamburger joint in the city. Seated at one of Bud's funky wooden tables and devouring our hamburgers, with Arlo Guthrie thrumming "The City of New Orleans" on the jukebox, beat dinner at Galatoire's or Commander's Palace or any other legendary New Orleans restaurant, hands down.

The thought of hamburgers rarely crosses my mind but I still swoon over the smell of bacon, and Barry salivates whenever he smells steak. No surprise — we humans are indiscriminate omnivores, wired to opportunistically eat anything.

But I'm already overwhelmed by the plant-based choices on the market, with all the new or rediscovered ones that keep cropping up. Between tofu and tempeh, grains, nuts, beans and legumes, I barely have time to keep up with the plants, let alone think about meat.

All that said, if meat had played a regal role on my dinner plate all my cooking life, dethroning it would be no small matter and I wouldn't know where to begin. I'd recommend starting with the lowly, lovely chickpea, or garbanzo bean, common to African, Indian, Greek and Middle Eastern cuisines. Chickpeas are the world's second most widely grown legume after soybeans and one of the earliest cultivated foods (7,500-year-old remains have been found in the Middle East). According to one anthropological theory, it was one of eight "founder crops," the first known domesticated plants in the world that form the origin of agriculture.

Chickpeas are technically not a bean but a legume, which is lower in starch. They're cholesterol-free, a good source of fiber and protein, and highly versatile: You can find a slew of recipes on the Internet that contain chickpeas combined with peanut butter, almond butter or sesame tahini. Many Americans are introduced to chickpeas through hummus but you can also find chickpeas in soups, stews, patties, burgers, snacks, dressings and even cookies. The stew recipe below is seriously tasty, simple and quick — a perfect starter for the cook who wants to reduce meat intake.

Chickpea and Peanut Stew

1 onion, chopped
2 tablespoons vegetable oil
4 garlic cloves, minced
1 zucchini, chopped
1 bell pepper, any color, chopped
1 cup vegetable broth or water
1 can chickpeas, drained and rinsed
5-6 tablespoons peanut butter
1 16-ounce can diced tomatoes
1 teaspoon ground cumin
1 teaspoon coriander powder
1 teaspoon turmeric
Salt and pepper to taste

In a large saucepan, warm the oil over medium to medium-high heat and cook the onion until translucent and almost soft. Add the garlic, zucchini, bell pepper, cumin, coriander and turmeric. Cook for 2-3 minutes.

Stir in the chickpeas, tomatoes and peanut butter. Once these are incorporated, add only as much water or broth as needed for a stew-like consistency. Bring the pot to a boil and then cover and let it simmer about 10 minutes. Serve alone or with rice. ●

Louisa Rogers is a leadership trainer, writer and renowned cook, at least in her own home.

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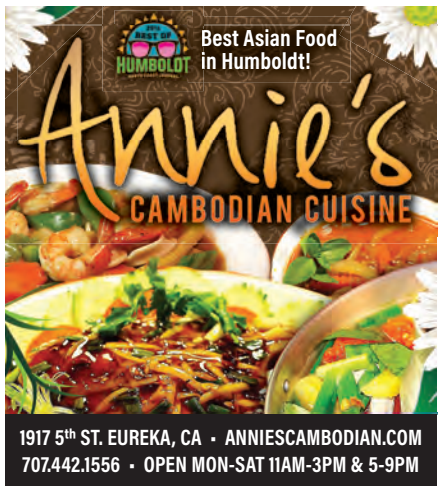

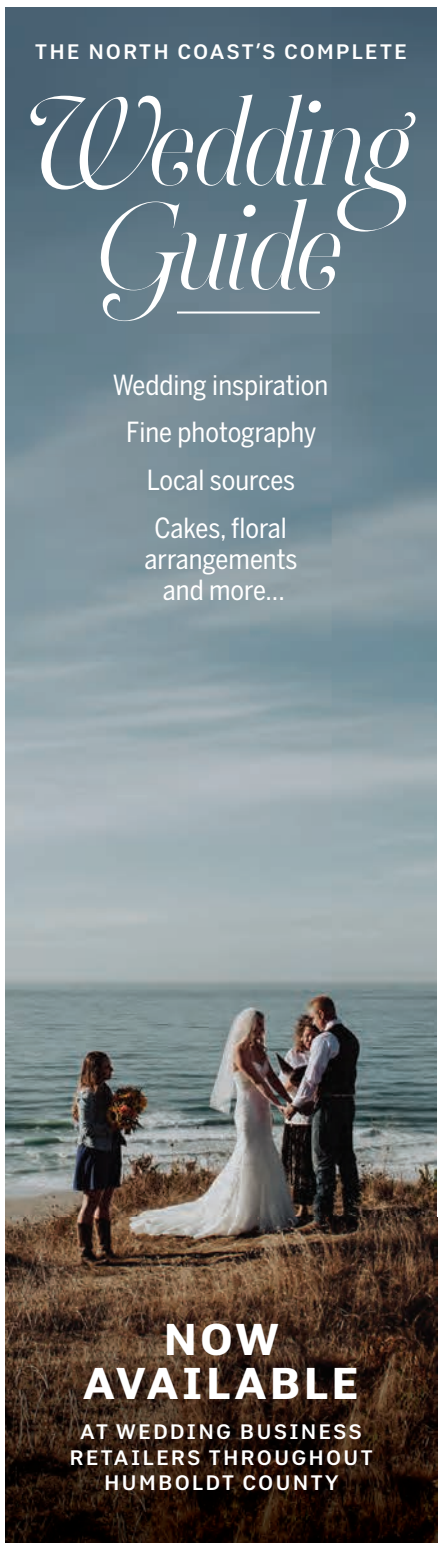

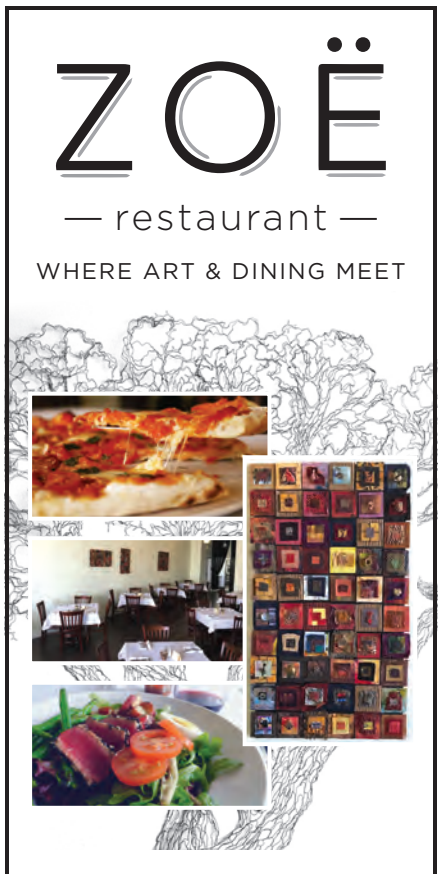

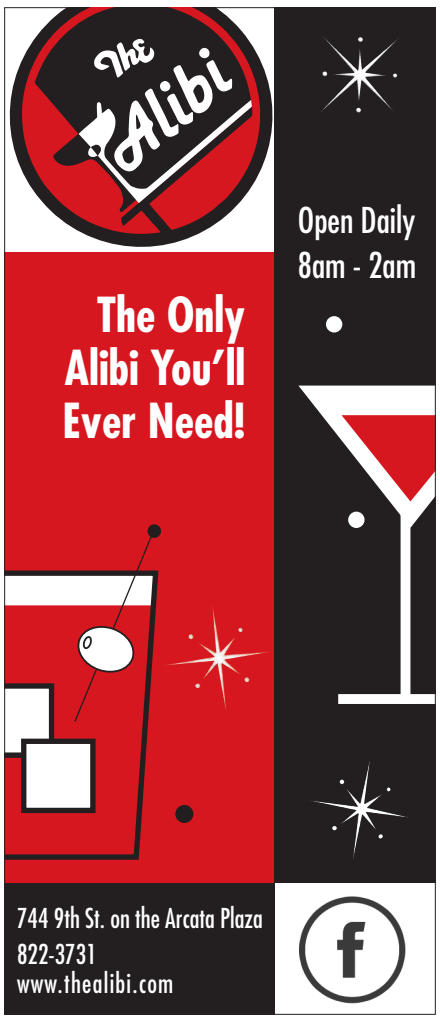

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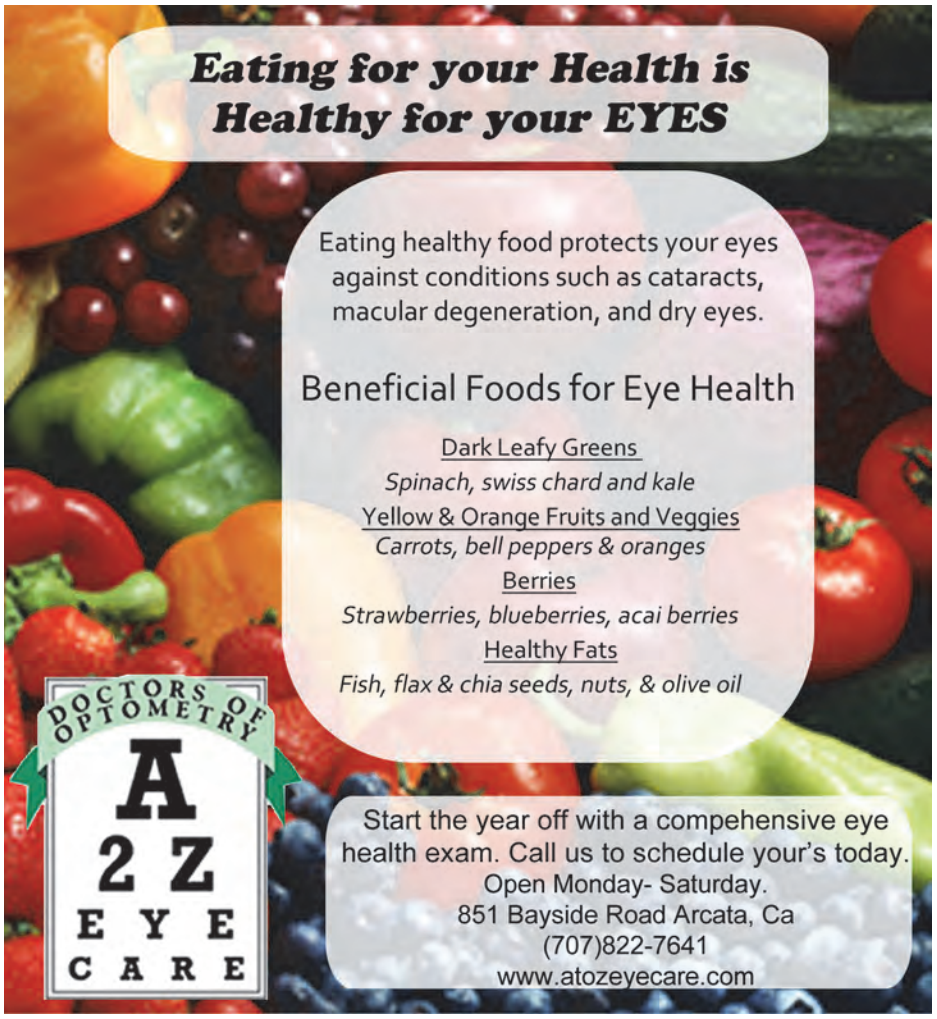
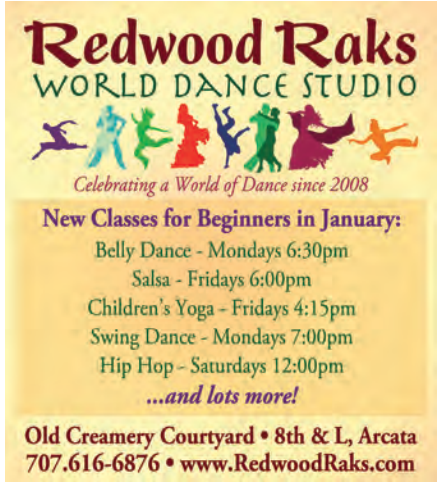
ARCATA PLAYHOUSE 1251 Ninth St. 822-1575			Chris Webster and Nina Gerber (folk, soul) 8pm $15, $13		
ARCATA THEATRE LOUNGE 1036 G St., 822-1220		*Total Recall* (1990) (film) 8pm $5	On The Spot Comedy 7pm $6	NFL Conference	[M] Protoje & The Indiggnation (reggae revival) 9pm $27 [W] Sci Fi Night ft. *The Giant Spider Invasion* (film) 6pm Free w/$5 food or beverage purchase
BLONDIE'S FOOD AND DRINK 420 E. California Ave., Arcata 822-3453	Open Mic 7pm Free	The Apiary 9pm TBA		Open Mic 6pm Free	[M] Trivia Night 7:30pm Free [W] Local Music Showcase 7pm Free
BLUE LAKE CASINO WAVE LOUNGE 777 Casino Way, 668-9770	Karaoke w/KJ Leonard 8pm Free	Dr. Squid (dance hits) 9pm Free	The Undercovers (rock and roll) 9pm Free	Karaoke w/KJ Leonard 8pm Free	[W] Mac Sabbath & Metalachi (Black Sabbath tunes, metal mariachi) 9pm $17
CENTRAL STATION SPORTS BAR 1631 Central Ave., McKinleyville, 839-2013		Karaoke w/Rock Star 9pm Free	707 (vintage funk and alt. rock) 9pm Free		
CHER-AE HEIGHTS CASINO FIREWATER LOUNGE 677-3611 27 Scenic Drive, Trinidad		The Undercovers (rock and roll) 9pm Free	Uptown Kings (blues) 9pm Free	Karaoke w/DJ Marv 8pm Free	[T] Karaoke w/DJ Marv 8pm Free
CLAM BEACH TAVERN 839-0545 4611 Central Ave., McKinleyville	Legends of the Mind (blues, jazz) 6pm Free	Clinton Lane Darnell (Americana) 10pm Free			[M] Anna Hamilton (blues) 6pm Free, Savage Henry Stand up Open Mic 9pm Free [W] Pool Tournament & Game Night 7pm Free
FIELDBROOK MARKET & EATERY 4636 Fieldbrook Road, 839-0521		Buddy Reed & the Rip It Ups (blues) 7:30pm Free			
GRIFFIN 937 Tenth St., Arcata 825-1755					[W] Salsa Dancing with DJ Pachanguero 8:30pm Free
HUMBOLDT BREWS 856 Tenth St., Arcata 826-2739		Rag Doll Revue presents Belles of the Balls (burlesque) 9:30pm $13, $10 advance	The Heavy Pets, Brothers Gow (rock, R&B, funk) 9:30pm $10	Holly Bowling (Grateful Dead on piano) 8pm $10	[M] Martin Sexton (jam, calssic rock) 8pm $25, $20 advance
HUMBOLDT STATE UNIVERSITY 1 Harpst St., Arcata 616-9084	Gist: *Wilde Ghosts & Coward Spirits* (theater) 7pm $15, $10	Gist: *Wilde Ghosts & Coward Spirits* (theater) 7pm $15, $10 Van Duzer: *Willy Wonka Jr.* (theater) 6:30pm $8-$12	Gist: *Wilde Ghosts & Coward Spirits* (theater) 2pm, 7pm $15, $10 Van Duzer: *Willy Wonka Jr.* (theater) 2pm, 6:30pm $8-$12	Van Duzer: *Willy Wonka Jr.* (theater) 2pm $8-$12	[W] Black Violin (classical, hip-hop. rock) 8pm $36, $10 HSU

Arcata • Blue Lake •McKinleyville • Trinidad • Willow Creek *Eureka and South on next page*

VENUE	THUR 1/19	FRI 1/20	SAT 1/21	SUN 1/22	M-T-W 1/23-25
THE JAM 915 H St., Arcata 822-4766	Rhythm for Refugees Benefit 5pm $5-$15 sliding scale	Hillstomp 9pm TBA	Al Gorgeous, Dosidiscus and Apollo Era 9:30pm TBA	Deep Groove Society SUNDAZE 10pm $5	[T] Savage Henry Comedy 9pm $5 [W] Jazz at the Jam 6:30pm Free The Whomp (DJs) 10pm $5
LARRUPIN 677-0230 1658 Patricks Point Dr., Trinidad		Blue Lotus Jazz 6pm Free		Tim Randles (jazz piano) 6pm Free	[W] Aber Miller (jazz) 6pm Free
LIGHTHOUSE GRILL 677-0077 355 Main St., Trinidad				JD Jeffries and Devin Paine (folk, blues, rock) 5pm-7pm Free	
LOGGER BAR 668-5000 510 Railroad Ave., Blue Lake		Kindred Spirits (bluegrass) 9pm Free	Karaoke with DJ Marv 9pm Free	Potluck (food) 6pm Free	
MAD RIVER BREWING CO. 101 Taylor Way, Blue Lake 668-5680	The Compost Mountain Boys (bluegrass) 6pm Free	Mad River Kick off Party w/ Cadillac Ranch (outlaw country) 5:30pm Free	For Folk Sake (folk) 6pm Free		[M] Movie Monday: *The Lego Movie* 6pm Free [W] RLA Jazz Trio w/Paula and Don 6pm Free
THE MINIPLEX 401 I St., Arcata 630-5000					[T] DJ Panchanguero (salsa/cumbia) 9pm Free
NORTHTOWN COFFEE 1603 G St., Arcata 633-6187		Open Mic 7pm Free			[T] Human Expression Open Mic 7pm Free
OCEAN GROVE 677-3543 480 Patrick's Pt. Dr., Trinidad					[M] Dancehall Mondayz w/ Rudelion 8pm $5
REDWOOD CURTAIN BREWERY 550 South G St., #4., Arcata, 826-7222	Rogues' Gallery 8pm Free		Money (Pink Floyd tribute) 8pm Free		[M] Trivia Night 7pm Free
SIDELINES 732 Ninth St., Arcata 822-0919	DJ Ray 10pm TBA	DJ Ray 10pm TBA	DJ Tim Stubbs 10pm TBA		
SIX RIVERS BREWERY 839-7580 Central Ave., McKinleyville	*Reuse! Because You Can't Recycle the Planet* (film) 7pm $15 donation		Jim Lahman Band (rock, funk, blues) 9pm Free	Trivia Night 8pm Free	[M] Karaoke with DJ Marv 8pm Free
TOBY & JACKS 764 Ninth St., Arcata 822-4198		Masta Shredda 10pm Free	DJ Ray 10pm Free		[T] Bomba Sonido w/DJ Pressure 10pm Free [W] Reggae w/Iron Fyah 10pm Free





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Music & More

EUREKA & SOUTH

Arcata and North on previous page

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VENUE	THUR 1/19	FRI 1/20	SAT 1/21	SUN 1/22	M-T-W 1/23-25
BANANA HUT 621 Fifth St., Eureka 443-3447		Latino Night with DJ Pachanguero 10pm Free			
BEAR RIVER CASINO HOTEL 11 Bear Paws Way, Loleta 733-9644	Karaoke w/Lightning Boom 11pm Free	Uptown (funk, pop, classic rock) 9pm Free	Uptown (funk, pop, classic rock) 9pm Free		
CHAPALA CAFÉ 201 Second St., Eureka 443-9514		Live Music 6pm Free	Live Music 6pm Free		
EUREKA INN PALM LOUNGE 518 Seventh St., 497-6093	Brian Post and Friends 7pm Free		Clare Bent and Citizen Funk 9pm Free		[W] Comedy Open Mikey 9pm Free
FERNBRIDGE MARKET RIDGETOP CAFE 786-3900 623 Fernbridge Dr., Fortuna					[M] Open Mic 5:30pm Free
GALLAGHER'S IRISH PUB 139 Second St., Eureka 442-1177	Seabury Gould and Evan Morden (Irish, Celtic) 5pm Free	Dale Winget (acoustic guitar/vocal) 6pm Free			
GARBERVILLE THEATER 766 Redwood St. 923-3580				Open Mic 7pm $5	[T] Open Mic 7pm $5
LIL' RED LION 1506 Fifth St., Eureka 444-1344			Karaoke 9pm Free		
MATEEL COMMUNITY CENTER 59 Rusk Ln., Redway 923-3368			Humboldt County Cup w/Michael (Mykal) Rose, NAC-1, Messenjah Selah 11am-10:30pm $30, $25 advance		
OLD TOWN COFFEE & CHOC. 211 F St., Eureka 445-8600	Open Mic w/Mike Anderson 6:30pm Free			An Afternoon with Edgar Allan Poe (storytelling) 2:30pm Free	

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Mac Sabbath plays fast food-Black Sabbath covers at Blue Lake Casino on Wednesday, Jan. 25 at 9 p.m.
Courtesy of the artists

VENUE	THUR 1/19	FRI 1/20	SAT 1/21	SUN 1/22	M-T-W 1/23-25
PEARL LOUNGE 507 Second St., Eureka 444-2017	DJ Pressure 9pm Free	Dub Cowboy 10pm Free	Fuego Gabe Pressure 10pm Free		
SHOOTERS OFF BROADWAY 1407 Albee St., Eureka 442-4131					[W] Karaoke w/DJ Marv 9 pm Free
SIREN'S SONG TAVERN 325 Second St., Eureka 442-8778	The Gatehouse Well (prog. folk) 8pm $5		Fetish Night - Hedonism 9pm $5		
THE SPEAKEASY 411 Opera Alley, Eureka 44-2244		The Eureka Pizza Council (jazz) 8:30pm Free	Buddy Reed and the Rip It Ups (blues) 9pm Free		[T] The Opera Alley Cats (jazz) 7:30pm Free [W] Ultra Secret (jazz) 8pm Free
STONE JUNCTION BAR 923-2562 744 Redway Dr., Garberville	Upstate Thursdays (DJ music) 9pm TBA				[M] Pool Tournament 8:30pm $10
VICTORIAN INN RESTAURANT 400 Ocean Ave., Ferndale 786-4950		Jeffrey Smoller (solo guitar) 6pm Free			
VISTA DEL MAR 91 Commercial St., Eureka 443-37700					[W] Karaoke Nights 9pm Free

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To Our Health

By Andy Powell
thesetlist@northcoastjournal.com

Holly Bowling pays piano tribute to the Grateful Dead at HumBrews on Sunday, Jan. 22 at 8 p.m

To be healthy, wealthy and wise. Now not many folks know this, but music can help us achieve two of those goals, and I'll give you a half-second to ponder which one music rarely helps out with. I heard an interview on KHSU not too long ago with Jeffrey Smoller of Making Headway, which helps those recovering from brain injuries, and he mentioned a list of some of the many health and wellness benefits of music. I wasn't surprised music has positive effects; it's the reason I've chased music around most of my life. However, I was a little surprised about some of the specific benefits.

We all know that music can be relaxing and although relaxation is a goal in itself, there are a myriad of health benefits that trickle down. A study out of Austria has shown that classical music not only helped subjects relax but it helped their neck, back and shoulders. Apparently, slow rhythms can slow down our heartbeat and breathing, and lower our blood pressure. This is turn relieves muscle tension in our back, neck, etc. Soothing music can also relieve psychological tension in the mind by relaxing us and directing our attention, let's say, from the stress from people driving 50 mph northbound on 101 between Sunset and the 299 E on-ramp.

Many of us make music an integral part of our workout routines and cringe at the idea of exercising without tunes in our ears. Whether it helps you set a pace while running or drowns out the over-the-top Neanderthal grunting in your gym, there are obvious health benefits here. Music can release endorphins, which can in turn help increase our endurance. Music can also simply distract us from the pain of doing crunches.

The list goes on. Music is credited with helping with memory loss, childbirth and depression. One thing Smoller pointed out that I found fascinating is that not only does listening to music stimulate large portions of our brains, but playing music is like a full-on brain exercise igniting large portions of our "right" and "left" brains and strengthening the intercommunication between those two hemispheres. Now does that necessarily make us wise? That's a bit harder to quantify but when I think about lyrical music that comes from another person's perspective or tilts at a universal one, music can get us out of our own heads, so to speak, connecting us with the human condition and fostering a deep sense of empathy. To gain experience and knowledge from others may not be wisdom in itself but it's a first step.

Thursday

The Jam in Arcata is hosting a benefit for Syrian refugee families in Greece. A good cause no doubt, and you can read more about how it got so specific in the Calendar. Helping raise funds this evening for an early 5 p.m. show is **Altar Tones** joined by **The Brothers Norton**, **Arkaingelle** and **Ultra Secret**. It's $10 for this benefit. Up in Blue Lake at the Mad River Brewery Tap Room you'll find the **Compost Mountain Boys** doing their things at 6 p.m. for free. For you Volkswagen drivers, take it easy when you leave the joint, OK?

Friday

It's Inauguration Day and drinking alone at the house won't make you feel any better, so get on out there and commiserate with your unpatriotic friends and remember the good things in life. See? Music can be healthy. Humboldt Steelhead Days are upon us — and have been for 19 days now — but they're holding a kickoff party tonight at the Mad River Brewery. The party gets going around 5:30 p.m. for you anglers out there (I don't even know what that means) and the music, courtesy of **Cadillac Ranch** will be ready for your earholes around 6 p.m. It's free to get in and you can find out more about the Steelhead Days, which goes through March if I'm not mistaken. I'm not manly enough for fishing myself, and I personally stay away from eating things that defecate where they breathe, but hey, that's just me. We do have more steelhead this time of year than anywhere else in California. And did you know that a steelhead is a rainbow trout that leaves its ocean home and comes back to the freshwater to spawn? I wonder at what point through the brackish waters of the estuaries — sounds like I know what I'm talking about huh? — that a rainbow trout can officially be considered a steelhead. Now let's say this rainbow trout crosses said salty threshold and becomes a steelhead according to us. If I were to pick that steelhead up and throw it back in the ocean, would it go back to being a rainbow trout, or would it be forever ostracized by its ocean friends as a steelhead — a fish out of freshwater?

Saturday

Humboldt's own Pink Floyd tribute, **Money**, makes its (full disclosure: our) debut at the Redwood Curtain Brewery tonight at 8 p.m. The bass player tells me that the range typically begins in the early Syd years and works all the way up to songs from *The Final Cut*, but tonight after some of the hits, the band's going to pull out the entire *Animals* album. All that for free. At the same time, the Arcata Playhouse has **Nina Gerber** and **Chris Webster** playing some "originals, tasteful covers, soulful ballads, jazzy tunes and sweet folk." Webster is the lead vocalist in Mumbo Gumbo and Gerber has played with Kate Wolf and Dave Alvin, among others. Tickets are $15 for this one. L.A. rockers **The Heavy Pets** blend rhythm and blues, jazz, funk, disco, reggae and rock 'n' roll. Apparently they're not classical or oompah fans but that's still a wide range to cover. Anyway, they've been together about 12 years now and have a string of EPs out, but are in the process of recording their second LP. Catch some songs from that upcoming release tonight at Humboldt Brews at 9:30 p.m. for $10. **Brother Gow** opens up the show.

Sunday

If you feel a hankerin' for singing with your neighbors and/or strangers, *Song Village* should be your destination this afternoon. **Seabury Gould** hosts at the Westhaven Center for the Arts at 1 p.m. This is basically a venue to sing folk songs with friends. It's free, so you've got nothing to lose except your frown. You may have seen classically trained pianist **Holly Bowling** the last time she stopped by Humboldt Brews. At that show, from what I recall, she was paying piano tribute to one of her favorite bands, Phish. In essence, she's doing a similar solo piano tribute thing tonight but to jam masters the Grateful Dead. So you'll probably hear "Unbroken Chain," "Franklin's Tower," and "Uncle John's Band," all given the classy treatment. She's been doing such a great job with these Dead tunes that both Phil and Bobby have invited her to jam with them. Check it out at HumBrews at 8 p.m. for $10.

Monday

I got word from **Anna Hamilton** that she's no longer doing her Tuesday night gigs at the Palm Lounge but has instead moved to the Clam Beach Inn on Mondays. So, seeing as how it's Monday, she'll be there at 6 p.m. tonight doing her thing for free. Check her out at the new gig digs. ●

Full show listings in the Journal*'s Music and More grid, the Calendar and online. Bands and promoters, send your gig info, preferably with a high-res photo or two, to music@northcoastjournal.com. Andy Powell is a congenital music lover and hosts The Album of the Week Show on KWPT 100.3 FM Tuesdays at 6 p.m. Health recipe of the week: two parts music, one part kale and one part butter.*

Calendar January 19-26, 2017

Courtesy of the artists

New York City musicians and Columbia University teachers, Jesse Mills, Raman Ramakrishnan and Rieko Aizawa, better known as the **Horszowski Trio,** perform selections by Beethoven, Bernstein and Mendelssohn **Friday**, **Jan. 20** at **7:30 p.m.** at the **Calvary Lutheran Church** ($30, $10 seniors, $5 students, free for 8 and under with adult). Presented by the Eureka Chamber Music Series.

Courtesy of the artists

If you like hip-hop, rock, R&B and bluegrass mixed in with your classical violin, don't miss a night genre-busting music courtesy of **Black Violin** on **Wednesday, Jan. 25** at **8 p.m.** at the **Van Duzer Theatre** ($36, $10 HSU students). The stereotype-defying duo is accompanied by a band that features a drummer and turntable whiz DJ SPS.

Submitted

Dell'Arte International and the Mad River Alliance are gettin' fishy with it again. The popular *Fish Tales* production returns to the stage with ***Fish Tales 4*** on **Friday, Jan. 20** at **7:30-9:30 p.m.** and **Saturday, Jan. 21** at **7:30-9:30 p.m.** at **Dell'Arte's Carlo Theatre** ($10, $5, free for kids 12 and under). The family-friendly variety show featuring storytelling, music and comedy is part of Humboldt Steelhead Days.

Submitted

The Best Medicine

In her political and much publicized speech at this year's Golden Globe Awards, Meryl Streep quoted her late friend Carrie Fisher: "Take your broken heart and turn it into art." Circumstances may be what they are but we are not powerless to bring about the world we want to see, become the tribe we wish to be.

Local comedian Sam Wingspan and Calder Johnson, artistic director of North Coast Repertory Theatre, are two such souls doing what they can. They have collaborated to bring Humboldt a monthly series of stand-up shows called "**Comedy Comes Home**," from which all proceeds are donated to the local charities and nonprofits that may be threatened by the Trump administration. The first show, **Sunday, Jan. 22** at **9:30 p.m.** at **North Coast Repertory Theatre** ($5-$10 donation), brings local comedians Sam Wingspan, Dutch Savage, James Stephen, John McClurg and Jessica Grant to the stage and benefits the Natural Resources Defense Council.

"Comedy and shows are what I know I can do to raise money to help our amazing county," Wingspan says. "I hope through these shows to primarily entertain but also to inspire others to use whatever many varied talents they have at their disposal to enrich our world as well. If we all work toward our strengths and apply it to our surroundings, I know that we can all thrive together as one community."

If the world is going to hell in a gilded, billion-dollar basket, we might as well laugh on our way down. Or put our talent and dollars to good use and rise up.

— Kali Cozyris

Photo by Sierra Leash

The Same Boat

In January of 2016, Sierra Leash traveled from Humboldt to Greece to volunteer with refugees fleeing to Europe from Syria and other war-torn countries. One year later she reports, "There are over 62,000 refugees stuck in Greece awaiting asylum or relocation, often living in unsafe and unsanitary conditions." Since returning home, Leash has continued to work with and support independent volunteers and grassroots organizations in Greece, and now brings the opportunity to our own community. **Rhythm for Refugees**, a benefit for Syrian refugee families in Greece, takes place **Thursday, Jan. 19** at **the Jam,** starting with an all-ages portion at **5 p.m.** and 21-and-up after **9 p.m.** ($5-$15 sliding).

The event features live music by **Altar Tones, The Brothers Norton, Arkaingelle** and **Ultra Secret** with early performances by **DJ Rotten, State of Mind** and **Abba Roots.** There will be guest speakers, henna art, a silent auction and space to write a note or draw a picture to be delivered to refugee camps next month. Proceeds from the event will be donated to the Shelter House Project in northern Greece. The project provides studio apartments and support for 24 families who were previously living in refugee camps, a community cultural center for all children in the area and outreach for refugees living rough on the streets of Thessaloniki.

Rhythm for Refugees is a wonderful opportunity to enjoy live music, art and community while supporting an important humanitarian cause. As Martin Luther King Jr. said, "We may have all come on different ships, but we're in the same boat now."

— Kali Cozyris

19 Thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. Chip in for the live model and hone your artistic skills. Go into the courtyard on C Street to the room on the right. $5. 442-0309.

MUSIC

Humboldt Ukulele Group. Third Thursday of every month, 5:30 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. A casual gathering of strummers. Beginners welcome. $3. dsander1@arcatanet.com. 839-2816.

Rhythm for Refugees. 5 p.m. The Jam, 915 H St., Arcata. An all-ages benefit for Syrian refugee families in Greece, featuring Altar Tones, The Brothers Norton, Arkaingelle, Ultra Secret, DJ Rotten and more, as well as speakers, a silent auction and photo booth. $5-$15 sliding scale. refugeeshelterhouse@gmail.com. 599-7096.

Ukulele Play and Sing Group. Third Thursday of every month, 5:30 p.m. Humboldt Senior Resource Center, 1910 California St., Eureka. All skill levels. Other instruments on approval. $3. veganlady21@yahoo.com.

THEATER

Oklahoma!. 8-11 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. Love and jealousy tussle against a backdrop of classic ballads from Rodgers and Hammerstein. $18. ncrt@sonic.net. www.ncrt.net. 442-6278.

Wilde Ghosts & Coward Spirits. 7 p.m. Gist Hall Theatre, Humboldt State University, Arcata. Northcoast Preparatory Academy premieres an original musical comedy set in the roaring '20s with music by Cole Porter and adaptations of works by Oscar Wilde and Noel Coward. $15, $10 students.

EVENTS

Humboldt Steelhead Days. Countywide. Fish during the peak of the run and go to celebrations in Blue Lake, Willow Creek, Fortuna and Benbow, as well as the Peak of the Run Barbecue Dinner on Feb. 11 in Eureka. www.humboldtsteelheaddays.com.

FOR KIDS

Thursday Storytime. 10-11 a.m. Fortuna Library, 753 14th St. Fortuna Library presents a weekly morning storytime. Free. forhuml@co.humboldt.ca.us. www.humboldtgov.org/296/Fortuna-Library. 725-3460.

Young Discoverers. 10:30 a.m.-noon. Discovery Museum, 612 G St., Eureka. A unique drop-off program for children ages 3-5. Stories, music, crafts, yoga and snacks. $8, $6 members. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

SPORTS

Roller Derby Scrimmage. 7:30-9 p.m. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. Humboldt Roller Derby's monthly scrimmage. Free. www.redwoodacres.com.

ETC

Humboldt Cribbage Club. 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. Play cards. 444-3161.

Sip and Knit. 6 p.m. North Coast Knittery, 320 Second St., Eureka. Join fellow knitters, crocheters, weavers, spinners and fiber artists to socialize and work on projects. 442-9276.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Put your deck to the test. $5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

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Calendar

Continued from previous page

20 Friday

DANCE

World Dance. 7:30 p.m. St. Alban's Episcopal Church, 1675 Chester Ave., Arcata. Humboldt Folk Dancers sponsor teaching and easy dances, 7:30-8:30 p.m., request dancing, 8:30-10 p.m. $3. g-b-deja@sbcglobal.net. www.stalbansarcata.org. 839-3665.

LECTURE

Watershed Rehabilitation. 7:30 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Craig Benson presents on "An Overview of Local Watershed Rehabilitation, from Riverine to Estuarine Reaches." Free. 826-2359.

MOVIES

Enlightenment Now. 4 p.m. Minor Theatre, 1013 H Street, Arcata. A film about guru Steven Sadleir, who will be in Arcata for the screening and a day of Meditation on Jan. 21 at the Arcata Vets Hall. The film follows his conversations with other prominent gurus. Free.

Presidential Inoculation: HyperNormalisation. 6 p.m. The Miniplex, 900 Samoa Blvd, Arcata. A 2016 documentary on the events leading up to Donald Trump's election, Brexit, the war in Syria, the migrant crisis and random bomb attacks. Free.

***Total Recall* (1990).** 8 p.m. Arcata Theatre Lounge, 1036 G St. The eye-popping Schwartzenegger classic based on a Philip K. Dick novel. $5. www.arcatatheatre.com.

MUSIC

Horszowski Trio. 7:30 p.m. Calvary Lutheran Church, 716 South Ave., Eureka. Jesse Mills, Raman Ramakrishnan and Rieko Aizawa perform selections by Beethoven, Bernstein and Mendelssohn. $30, $10 seniors, $5 students, free for 8 and under with adult. www.eurekachambermusic.org. 445-9650.

THEATER

Fish Tales 4. 7:30-9:30 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. Presented by Dell'Arte International and the Mad River Alliance, *Fish Tales* is a family-friendly variety show bubbling with storytelling, music and comedy. $10 for Adults, $5 for kids, 12 & under are free. info@dellarte.com. www.dellarte.com. 668-5663.

***Oklahoma!* Benefit for United Congregational Christian Church.** 8-11 p.m. See Jan. 19 listing. $20. ncrt@sonic.net. www.ncrt.net. 442-6278.

Wilde Ghosts & Coward Spirits. 7 p.m. Gist Hall Theatre, Humboldt State University, Arcata. See Jan. 19 listing.

Willy Wonka Jr. 6:30 p.m. Van Duzer Theatre, Humboldt State University, Arcata. Humboldt Light Opera Company's KidCo's production. TBA.

EVENTS

Humboldt Steelhead Days. Countywide, Locations throughout Humboldt County, Humboldt. See Jan. 19 listing.

FOR KIDS

Baby Read and Grow. Third Friday of every month, 11-11:45 a.m. Eureka Main Library, 1313 Third St. Share songs, fingerplays and short stories followed by play with developmentally appropriate toys and socializing for parents and children. Sponsored by First 5 Humboldt. Free. 269-1910.

Family Storytime. 10:30-11 a.m. Fortuna Library, 753 14th St. A rotating group of storytellers entertain children ages 2-6 and parents at Fortuna Library. Free. www.humlib.org. 725-3460.

FOOD

Foodwise Fundraising Dinner. 6:30 p.m. Foodwise Kitchen, 971 Eighth St., Arcata. Enjoy an organic, gluten-free, family style, plant-based dining experience at this fundraiser for the Betty Kwan Chinn Foundation. $75. www.foodwisekitchen.com. 633-8328.

SPORTS

BMX Friday. 4:30-6:30 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Bring your bike for practice and racing. Wear long sleeves and pants. $2 practice, $5 ribbon race. www.facebook.com/RedwoodEmpireBmx. 407-9222.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. Have a blast and get some exercise at the same time. $5.

ETC

People in Black Inaugural Day Vigil. 8:30-10 a.m. Arcata Plaza, Ninth and G streets. Stand in silent solidarity to express your concerns about and objections to the incoming administration. Free. www.womeninblack.org.

Solidarity Fridays. 5-6 p.m. County Courthouse, 825 Fifth St., Eureka. Join Veterans for Peace and the North Coast People's Alliance for a peaceful protest on the courthouse lawn. NorthCoastPeoplesAlliance.org.

21 Saturday

ART

Artist Talk with Andrei Hedstrom. 3 p.m. Black Faun Gallery, 212 G St., Eureka. The artist leads an informal conversation about his show "Novelty and Affinity." He will explain his attraction to these two themes as well as answer questions about his general approach to painting, including techniques and studio practices. Free. www.blackfaunart.com. 798-6207.

BOOKS

FOAL Winter Book Sale. 10 a.m.-4 p.m. Arcata Library, 500 Seventh St. Books and media for all ages and interests. Proceeds provide new titles and library technology, and support youth programs and special events including live music and monthly movie showings. 822-5954.

MUSIC

Chris Webster and Nina Gerber. 8 p.m. Arcata Playhouse, 1251 Ninth St. Originals, covers, soul ballads and sweet folk tunes. $15, $13 students/members. www.arcataplayhouse.org. 822-1575.

THEATER

Fish Tales 4. 7:30-9:30 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. See Jan. 20 listing.

***Oklahoma!* Benefit for the Ryan Heritage House and Gardens.** 8-11 p.m. See Jan. 19 listing. $20. ncrt@sonic.net. www.ncrt.net. 442-6278.

Wilde Ghosts & Coward Spirits. 2 p.m. Gist Hall Theatre, Humboldt State University, Arcata. See Jan. 19 listing.

Willy Wonka Jr. 2 & 6:30 p.m. Van Duzer Theatre, Humboldt State University, Arcata. See Jan. 20 listing.

EVENTS

Steelhead Expo. 10 a.m.-4 p.m. Blue Lake Business

Park, Taylor Way. Presentations, casting workshop and seminars, games and activities for the kids. Meet representatives from California Fish & Wildlife, Redwood Edventures, National Oceanic and Atmospheric Administration, Sequoia Park Zoo and more. Part of Humboldt Steelhead Days. Free.

Willow Creek Opening Reception and Party. 4 p.m.-8 p.m. Studio 299, 75 The Terrace, Willow Creek. Enjoy live music by Abe & Melissa, river and wildlife photography by Darrell Warnock, fishing gear display, casting demos for the kids, fish prints, kids music performance, food, wine and beer. Plus live and silent auction. Part of Humboldt Steelhead Days. Free.

Breakfast and Flea Market. Third Saturday of every month, 8:30 a.m. Dow's Prairie Grange Hall, 3995 Dow's Prairie Road, McKinleyville. Enjoy pancakes, eggs and browsing knick knacks. Flea market ends at 3 p.m. $5, $3 for kids. dowsgrange@gmail.com. www.dowsprairiegrange.org. 840-0100.

Humboldt Steelhead Days. Countywide. See Jan. 19 listing.

FOR KIDS

January Nature Story Time. 2-3 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Join Friends of the Dunes naturalist Bob Peck for tales geared for ages 3 to 6. Stories focus on local wildlife and are followed by a simple craft project. Free. info@friendsofthedunes.org. 444-1397.

Young Inventors' Club. Third Saturday of every month, 10:30 a.m.-noon Discovery Museum, 612 G St., Eureka. Hands-on science program with one or more activities planned each month. Free with museum admission. redwooddiscoverymuseum@gmail.com. www.discovery-musuem.org. 443-9694.

FOOD

Farmers Market. Arcata Plaza, Ninth and G streets. The North Coast Growers' Association Winter Farmers' Market features farm fresh produce, locally raised meats, hot food, plants and more. Free. outreach@humfarm.org. www.humfarm.org. 441-9999.

Foodwise Fundraising Dinner. 6:30 p.m. Foodwise Kitchen, 971 Eighth St., Arcata. See Jan. 20 listing.

Seafood Boil. 5:30 p.m. River Lodge Conference Center & Commercial Kitchen, 1800 Riverwalk Drive, Fortuna. Enjoy dinner, drinks and an auction benefiting Eel River Valley youth education programs. $75. www.friendlyfortuna.com.

MEETINGS

Photoshop User Group. Third Saturday of every month, 10 a.m.-noon. Prosperity Center, 520 E St., Eureka. Adobe Photoshop or LightRoom beginners and power users gather to swap ideas and techniques. Informal lunch usually follows. Free. wrishel@gmail.com. www.eurekaphotoshop.com/. 510-410-3310.

OUTDOORS

Adopt a Highway Clean-up. 9:30-11:30 a.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Help Arcata Sunrise Rotary and Friends of the Dunes clean up trash along Highway 255 in Manila. Meet at the Humboldt Coastal Nature Center for a brief safety talk before heading out to pick up trash. Gloves and trash bags will be provided. info@friendsofthedunes.org. 444-1397.

Arcata Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet a trained guide for a 90-minute walk focusing on the ecology of the marsh. Led by Sharon Levy. Free. 826-2359.

Audubon Society Arcata Marsh Bird Walk. 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I St. Bring your binoculars and have a great morning birding. Meet in the parking lot at the end of South I Street (Klopp Lake) in Arcata, rain or shine. Walk leader is Larry Karsteadt. Free. www.rras.org/calendar.

Lanphere Dunes Restoration. 9:30 a.m.-12:30 p.m. Lanphere Dunes, Lanphere Road, Arcata. Help remove invasive iceplant to make room for native plant diversity. Tools, gloves and snacks provided. Please bring water and wear work clothes. Meet at the Pacific Union School in Arcata to carpool to the protected site. Free. jess@friendsofthedunes.org. 444-1397.

SPORTS

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. See Jan. 20 listing.

COMEDY

On The Spot Comedy. Arcata Theatre Lounge. 822-1220, 1036 G St. 7 p.m. $6. New and old games from the Improv Book of Great Things with a dash of local flair, audience participation and a little madness.

ETC

Media Center Orientation. Third Saturday of every month, 10 a.m. Access Humboldt Community Media Center, Eureka High School, Eureka. Learn about the recording studio, field equipment, editing stations and cable TV channels available at Access Humboldt. Free. 476-1798.

Women's Peace Vigil. 12-1 p.m. County Courthouse, 825 Fifth St., Eureka. Dress in warm clothing and bring your own chair. No perfume, please. Free. 269-7044.

Women's March on Eureka. 1-4 p.m. C Street Market Square, Foot of C Street, Eureka. The Women's March is a national movement for women, men and children who stand for human rights, civil liberties, diversity and compassion for our shared humanity, including the main march in D.C. and local sister marches across the country. Free.

Yu-Gi-Oh! Standard League. 1-4 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and claim your prizes. $5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

22 Sunday

DANCE

Hijikata Anniversary Butoh Workshop. 3-6 p.m. Synapsis Studio, 47 A West Third St., Eureka. Explore the techniques of butoh dance, including heritaged choreography such as Tatsumi Hijikata's "bugs walk," then work with partners to create your own poetic notation of improvised dances. $30.

MUSIC

Bayside Grange Music Project. 5-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. From 5-7 p.m. anyone playing any instrument with any ability is invited; 7-9 p.m. people with wind instruments for Bandemonium. Donations. gregg@relevantmusic.org. www.relevantmusic.org/Bayside. 499-8516.

Song Village. 1-3 p.m. Westhaven Center for the Arts, 501 S. Westhaven Drive. People who love to sing are invited to this monthly informal singing gathering hosted by Seabury Gould. Free.

THEATER

Wilde Ghosts & Coward Spirits. 2 p.m. Gist Hall Theatre, Humboldt State University, Arcata. See Jan. 19 listing.

Notice To U.S. Government
of
INTENT TO REVOKE CONSENT

This declaration will be delivered to Congressman Huffman's local office (317 Third St., Suite 1, Eureka, CA 95501) and mailed to the offices of Senators Feinstein and Harris (Office of U.S. Senator Dianne Feinstein: One Post Street, Suite 2450, San Francisco, CA 94104; Office of U.S. Senator Kamala Harris: 50 United Nations Plaza, Suite 5584, San Francisco, CA 94102). We encourage others to add their names in the space provided and to do the same.

Recognizing the outcome of the 2016 United States' presidential election was determined by Electoral College without support of the popular vote, in an election where voter access may have been unfairly limited, and where some candidates, in their pursuit of the highest office held in the most powerful nation on the planet, engaged in conduct unbecoming, demonstrating unfitness for that station, we, the undersigned, affirm the following.

The foundation of freedom, justice, and peace in the world, as stated in the Universal Declaration of Human Rights (adopted in 1948 by the U.N. General Assembly, to which the United States was both signatory and guiding member), requires the recognition of *"the inherent dignity and of the equal and inalienable rights of all members of the human family"* and that *"Everyone is entitled to all the rights and freedoms ... without distinction of any kind, such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status."*

Furthermore, we recognize that the laws of nature serve ecological equilibrium and that presently that balance is imperiled, calling for leadership in stewardship and sustainability of planetary resources.

Therefore, we resolve that *"whenever any form of government becomes destructive of these ends,"* we shall not consent.

Dara Alexander
Ruth Christine (Chris) Angell
Malia Anspach
Peter Aronson
Ernie Behm
Matthew Birk
W. Robert Brothers
Albert Brown
Shirley Jean Browning
Barbara Burns
Rita Carlson
Nicole Chase
Lindsey Clifford
Gail Coonen
Nicholas Cutler
Tim Dellas
Susan Edwards
Janelle Egger
Nymiah Eliyahu
Margaret Emerson
Linda Goff Evans
Scott Feldman
Beryl Feldman
Rochelle Frankel
J. Gandee
Richard Gilchrist
Dave Goggin
Patricia Guerrero
Lois Carswell Hands
Glenn Roger Hands
Tom Harkins
Robert J. Hepburn
Devin Holcomb
Tim Howard
Maureen Kane
Barbara Kennedy
Paul & Robin Kinsey
Diqui Lapenta
Billie Larson
Nancy Marie
Cena Marino
Jacqueline Mayraud
John McAlinn
Allen McCloskey
Raedelle Miller
Diane Mollring
Martin James Monroe
Sue Y. Lee Mossman
Deborah Nelson
Elizabeth Niemeyer
Meighan O'Brien
Eugene Orinoco
Lisa Printz
Peggy Pryor
Jon Reisdorf
Alexander Ricca
John Schaefer
Donald Schmidt
Shemaia Skywater
Genise Smith
James & Linda Sorter
Craig Spjut
James Szujewski
Kathryn Travers
Brandon Upson
Robert & Cyn Van Fleet
Veterans for Peace, Chapter 56, Humboldt Bay Chapter
Rick White
Jeff Ziegler

Please add your name here: _____

FREEDOM

Marny Friedman

~ Healing the Heart~
~Aligning with Soul~

"Every time a long-held muscle relaxes or a fear is lessened or clarity replaces confusion, we experience a burst of freedom. My calling and joy are to help people in this pursuit."

intuitive readings * past life regressions * chakra exploration hands-on healing * opening third eye * ongoing inner work classes

707-839-5910
iamalso@hotmail.com

Calendar

Continued from previous page

Willy Wonka Jr. 2 p.m. Van Duzer Theatre, Humboldt State University, Arcata. See Jan. 20 listing.

SPOKEN WORD

An Afternoon with Edgar Allan Poe. 2:30 p.m. Old Town Coffee & Chocolates, 211 F St., Eureka. In honor of Poe's 208th birthday, Carpathian the storytelling spectre, reads two of his finest stories, *The Masque of the Red Death* and *The Tell Tale Heart*. (A certain feathered friend may also make an appearance...) This is a family friendly event, but not recommended for very young children. Free.

EVENTS

Humboldt Steelhead Days. Countywide, Locations throughout Humboldt County, Humboldt. See Jan. 19 listing.

OLLI Open House Spring Class Showcase. 1-3 p.m. Sequoia Conference Center, 901 Myrtle Ave., Eureka. Register for spring classes, meet OLLI faculty, learn more about OLLI, join or renew membership. Free. OLLI@Humboldt.edu. www.humboldt.edu/olli. 826-5880.

FOR KIDS

Lego Club. 12:30-2 p.m. Discovery Museum, 612 G St., Eureka. Lego fun for younger and older kids featuring Duplos and more complex pieces. Free with museum admission. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

MGC Youth Drama Club. 2-3 p.m. The MGC, 2280 Newburg Road, Fortuna. Improv, puppet shows, costumes and confidence building for ages 7-12. This is a drop-off event. Free. ahennessy@ervmgc.com. www.ervmgc.com. 725-3300.

MGC Youth Science Club. 1-2 p.m. The MGC, 2280 Newburg Road, Fortuna. Fun science experiments for ages 7-12, immediately followed by Drama Club. This is a drop-off event. Free, suggested $5 donation for both clubs. ahennessy@ervmgc.com. www.ervmgc.com. 725-3300.

Pokémon Trade and Play. 3-5 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your cards to play or learn. Free. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

FOOD

Food Not Bombs. 4 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free.

SPORTS

BMX Practice and Racing. 1-3 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Bring your bike for some fun. Wear long sleeves and pants. $2 practice, $11 race. www.facebook.com/RedwoodEmpireBmx. 407-9222.

NFL Conference. Arcata Theatre Lounge, 1036 G St. Check arcatatheater.com for more info. www.arcatatheatre.com.

COMEDY

Comedy Comes Home. 9:30 p.m. North Coast Repertory Theatre 300 Fifth St., Eureka. The first in a monthly series of stand-up shows where all proceeds are donated to local charities and nonprofits. January's recipient is the National Resources Defense Fund. Featuring local comedians Sam Greenspan, Dutch Savage, James Stephen, John McClurg and Jessica Grant. $5-$10 donation. 442-6278.

ETC

Family Game Day. 12-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring the family and friends for a day jam-packed with gaming fun. Feel free to bring in your own games. Free. www.nugamesonline.com. 497-6358.

23 Monday

DANCE

Let's Dance. 7-9:30 p.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. Let's dance to live music. Everyone welcome. $5. www.facebook.com/humboldt.grange. 725-5323.

EVENTS

Humboldt Steelhead Days. Countywide. See Jan. 19 listing.

MEETINGS

Humboldt Bay Bicycle Commuters Association. 6 p.m. Chapala Café, 201 Second St., Eureka. Meeting starts with optional dinner. Suggest agenda items by emailing president Rick Knapp. Initial discussions regarding Bike Month Humboldt 2017 will be on the agenda. Free. www.facebook.com/ChapalaCafe. info@humbike.org.

Volunteer Orientation. 2:30 p.m. Food for People, 307 W. 14th St., Eureka. Learn to pack and sort food, work with clients, collect donations and cook. panderson@foodforpeople.org.

24 Tuesday

MOVIES

City Lights. 6:30 p.m. Humboldt County Library, 1313 Third St., Eureka. Part of the Hard Times & Happy Endings series. In this silent 1931 picture, Charlie Chaplin stars as the Little Tramp who's fallen in love with a blind flower girl. Hosted by Michael Cooley. Free. www.humlib.org.

EVENTS

Humboldt Steelhead Days. Countywide. See Jan. 19 listing.

FOR KIDS

Arcata Family Resource Center Playgroup. 10 a.m.-noon. Arcata Elementary School, 2400 Baldwin St. Playgroup for children 0-5 and their parents and caregivers. 826-1002.

Grandparents and Books Storytime. 3-4:30 p.m. Fortuna Library, 753 14th St. Children of all ages welcome to afternoon storytime with "grandparent" storyteller Cynthia. Free. forhuml@co.humboldt.ca.us. www.humboldtgov.org/296/Fortuna-Library. 725-3460.

Playgroup. 10-11:30 a.m. Discovery Museum, 612 G St., Eureka. Come to the museum for stories, crafts and snacks. Free for children age 0-5 and their caregivers. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

Pokémon Trade and Play. 3-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Jan. 22 listing.

COMEDY

Savage Henry Comedy Night. 8 p.m. The Jam. 915 H St., Arcata. Local and out of town comedians bring the ha-has. $5. 822-4766.

ETC

Bingo. 6 p.m. Moose Lodge, 4328 Campton Road, Eureka. Speed bingo, early and regular games. Doors open at 5 p.m. Games range from $1-$10.

Board Game Night. 6-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Choose from a large variety of games or bring your own. All ages. Free. www.nugamesonline.com. 497-6358.

Ferndale Cribbage. 10 a.m. Our Savior's Lutheran Church, 425 Shaw St., Ferndale. Cards and pegs.

25 Wednesday

MOVIES

Sci Fi Night: *The Giant Spider Invasion* (1975). 6 p.m. Arcata Theatre Lounge, 1036 G St. After a black hole strikes, it opens up another dimension in a rural Wisconsin town, and soon there is an invasion of gigantic arachnids who crave human flesh. Free w/$5 food/bev purchase. www.arcatatheatre.com.

MUSIC

Black Violin. 8 p.m. Van Duzer Theatre, Humboldt State University, Arcata. A genre-busting blend of classical, hip-hop, rock, R&B and bluegrass. Accompanied by a band, featuring turntable whiz DJ SPS and a drummer. $36, $10 HSU.

EVENTS

Humboldt Steelhead Days. Countywide. See Jan. 19 listing.

FOR KIDS

Storytime. 1 p.m. McKinleyville Library, 1606 Pickett Road. Liz Cappiello reads stories to children and their parents. Free.

ETC

Casual Magic. 4-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and connect with the local Magic community. Beginners welcome. Door prizes and drawings. $5. www.nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

Community Board Game Night. Last Wednesday, Thursday of every month, 6-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. Play your favorite games or learn new ones with North Coast Role Playing. Free. oss1ncrp@northcoast.com. www.baysidegrange.org. 444-2288.

26 Thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. See Jan. 19 listing.

THEATER

***All My Sons* Preview.** 8 p.m. Ferndale Repertory Theatre, 447 Main St. An American masterpiece of family drama by Arthur Miller. Appropriate for audiences aged 16 and over. $10. www.ferndalerep.org.

EVENTS

Humboldt Steelhead Days. Countywide. See Jan. 19 listing.

FOR KIDS

Thursday Storytime. 10-11 a.m. Fortuna Library, 753 14th St. See Jan. 19 listing.

Young Discoverers. 10:30 a.m.-noon. Discovery Museum, 612 G St., Eureka. See Jan. 19 listing.

MEETINGS

Rhody Meeting and Program. 7 p.m. Eureka Woman's Club, 1531 J St. Christy Hartsell provides a photo presentation of a lesser-known member of the species, the beautiful Vireya. Refreshments provided. Free. www.eurekawomansclub.org. 443-1291.

ETC

Community Board Game Night. Last Wednesday, Thursday of every month, 6-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. See Jan. 25 listing.

Humboldt Cribbage Club. 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. See Jan. 19 listing.

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. See Jan. 19 listing.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Jan. 19 listing.

Heads Up ...

Audubon Children's Nature Writing Contest is accepting entries until March 24. For more information, visit www.rras.org or email tomleskiw@gmail.com.

Friends of the Arcata Marsh and Redwood Region Audubon Society's Student Bird Art Contest is accepting entries until March 24. For more information, visit www.rras.org or email sueleskiw1@gmail.com.

Performer and vendor applications now open for Mateel Community Center's Summer Arts & Music Festival, June 3-4. For more information, visit www.mateel.org or call 923-3368.

The Morris Graves Museum of Art seeks volunteer greeters for Friday and Saturday afternoons, noon-2:30 p.m. and 2:30-5 p.m. Contact: Janine Murphy, Museum Programs Manager: janine@humboldtarts.org or 442-0278 ext 202.

Call for contestants for the 4th Mr. Humboldt Pageant. Application deadline is Jan. 20 for the Feb. 11 pageant. Apply on Facebook, message application or email Mrhumboldtpageant@gmail.com.

The Sequoia Park Zoo Conservation Advisory Committee is accepting proposals for the sixth annual Conservation Grant Program awards. Deadline is Jan. 31. Visit www.sequoiaparkzoo.net.

Grant applications through Humboldt Sponsors are available for 2017 to local nonprofits serving Humboldt County youth. Downloadable applications and instructions are at www.humboldtsponsors.org. Completed application packets must be returned by Feb. 1. Mail to: Lois Lee Busey, Funding Chair, Humboldt Sponsors, 3147 Dolbeer #6, Eureka, CA 95503. For more information call 442-6369 or email loisbusey@gmail.com.

The Humboldt Branch of Women's International League for Peace and Freedom seeks applications for its Edilith Eckart Memorial Peace Scholarshipsupporting projects that promote peace and/or social justice, locally or globally. Scholarship grants range from $150-$500. Application and information at www.wilpfhumboldt.wordpress.com. Deadline is 4 p.m. on Feb. 25. Mail applications to WILPF at P.O. Box 867, Arcata, CA 95518 or email to: wilpf@humboldt1.com. Call 822-5711.

The Point-in-Time homeless count scheduled for Feb. 28 seeks help with the count as well as donations of food for count volunteers and new socks for the homeless participating in the survey. Call 441-5520 or visit www.humboldthousing.org.

The Humboldt Arts Council invites community members to submit collections for the show: Humboldt Collects! To submit, send a completed Humboldt Collects Submission Form, which can be downloaded at www.humboldtarts.org and up to three hi-res (300 dpi, 1mb) digital images to jemima@humboldtarts.org by Jan. 20.

The Arcata City Council seeks volunteer members for Arcata's new Public Safety Task Force. Applications are available online at www.cityofarcata.org, and at the City Manager's Office, 736 F St., Arcata, during business hours. Applications accepted until positions are filled. Call 822-5953.

AARP tax volunteers needed. No tax return experience needed, but volunteers should have basic computer skills. Call 268-3972 or 362-0759, or visit www.aarp.org/taxaide.

Humboldt State University's Humboldt International Film Fest announces the call-to-entry for local films. Deadline is midnight Feb. 28. Entry fee is $10 for Humboldt County residents. Free for HSU students and alumni. Go to www.hsufilmfestival.com, call 826-4113 or email filmfest@humboldt.edu.

The McKinleyville Community Services District announces two regular voting member vacancies and one alternate member vacancy on the Recreation Advisory Committee. Mail letters of application to the MCSD, Attn: Lesley Frisbee, P.O. Box 2037, McKinleyville, CA 95519. Contact the Parks and Recreation Office at 839-9003.

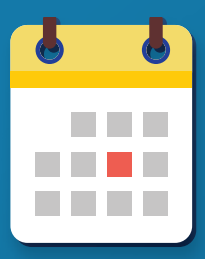
North Coast Community Garden Collaborative seeks donated garden supplies, monetary donations and/or volunteers. For more information, contact 269-2071 or debbiep@nrsrcaa.org.

Volunteers needed for the Arcata Marsh Interpretive Center. Call 826-2359 or email amic@cityofarcata.org.

Volunteers wanted for Eureka VA clinic. Call 269-7502.

SUBMIT *your*

Calendar Events



ONLINE *or by* E-MAIL

northcoastjournal.com • calendar@northcoastjournal.com

Print Deadline: Noon Thursday, the week before publication

The Bostonians

Live by Night and *Patriots Day*

By John J. Bennett
filmland@northcoastjournal.com

Live by night and sleep in your shirt

LIVE BY NIGHT. Up to this point, Ben Affleck's scorecard for directing is marked with three wins and zero losses: *Gone Baby Gone* (2007) used local color and emotional realism to take a taut little detective story down some literal and figurative dark alleys; *The Town* (2010), again using Boston as a backdrop, made tribute to the legacy of bank robbery cinema while also digging into the complex stuff of loyalty and the eventuality of violence in the outlaw life; *Argo* (2012) won a Best Picture Oscar and made good on the promise of those earlier works, turning a human drama about the 1979/80 Iran hostage crisis into a pacey adventure story/paean to the movies. That movie also became Affleck's biggest hit as a director, and apparently bought him the privilege of choosing whatever he wanted for his next project.

On the face of it, *Live By Night* seems like a compelling, even sensible selection. As with *Gone Baby Gone*, Affleck adapted the screenplay from a Dennis Lehane novel (though this marks his first solo writing credit), this one a crime saga charting the fortunes of a WWI veteran turned bootlegger as he moves from hometown Boston to the desolate low country of Tampa, Florida. It's rich material, full of double-crosses, lost love, divided loyalties, racism, religiosity and meditations on the mundanity and ugliness of violence. And therein lies the problem: there's a lot to cover and in trying to get to all of it, Affleck dilutes the potency of the material's themes, arriving finally at a movie that, despite its attributes, feels overlong and under-punctuated.

Joe Coughlin (Affleck) returns home from the war intent on never taking orders from anybody, which, of course, means he becomes a stick-up kid. He and his little crew make a comfortable living ripping off card games and the like. Joe has to complicate things by carrying on an affair with the moll of one of the city's kingpins and then robbing said kingpin. In quick succession, said moll Emma Gould (Sienna Miller) informs on Joe to said kingpin Albert White (Robert Glenister) and a bank robbery goes bad, leaving several policemen dead. Joe takes some literal and metaphorical beatings; his police superintendent father, Thomas (Brendan Gleeson), intervenes, coercing the right people so Joe only serves three years. Post-incarceration, Joe approaches White's rival Maso Pescatore (Remo Girone) for a job. Maso sends Joe to Tampa to streamline the supply and production end of his liquor operation. This turns out to be a good fit: Joe boosts revenue, makes a name for himself in Ybor City, falls in love with the sultry Graciela (Zoe Saldana) and brokers a promising casino deal to ensure the fortunes of himself and his associates, come the end of Prohibition. Of course, he also runs afoul of the local chapter of the Ku Klux Klan and gets embroiled in the family drama of the local sheriff (Chris Cooper) and his would-be-starlet-turned-heroin-addict-prostitute-turned-evangelical-preacher daughter (Elle Fanning). And that really only brings us to the middle of the second act.

Adapting a novel, particularly a well-crafted one, is a tricky enterprise: It requires an almost cruelly keen sense of economy and an understanding that what works on the page may not play on screen. Also, and this is more subjective, it demands its own, independent creative spark. The most successful adaptations draw structure and inspiration from the source material, but take on a life of their own, filtered as they are through another person's sensibility and set forth in an entirely different medium. Though I have to admit that I haven't read Lehane's novel, I can say that *Live By Night* feels like an attempt to get it all in, to truncate hundreds of pages of plot intricacies and character development into a two-hour movie. It's a valiant effort, and much of what comes through is successful: The created world is densely detailed, beautifully photographed by Robert Richardson and peopled by full-blooded, independently motivated (well-acted) characters. But in the end, it's just far too much. The pacing, so deliberate, even plodding in the early going, requires a sprint to the finish to address all the strands of plot previously laid out. And the violence, of which there is plenty, is staged in a curious, offhand, almost inconsequential way. I think the underlying idea is that violence and death are distasteful to our protagonist — unpleasant necessities that don't deserve much discussion. In the context of a movie, though, moments that seem like they should be more impactful feel under-developed and neglected. And that points to *Live By Night's* greater shortcoming: In striving to accomplish too much, it loses sight of the small things that could make the story resonate. *PG. 104M. BROADWAY, MILL CREEK.*

PATRIOTS' DAY. Some could criticize Peter Berg and Mark Wahlberg for making spectacle of tragedy. I suppose that's fair, but I think it requires some discussion. Their last two collaborations, *Lone Survivor* (2013) and *Deepwater Horizon* (2016) are indeed torn from the headlines, both male-centric action stories about small groups in crisis. Ditto *Patriots' Day*, which focuses on the effort to apprehend the 2013 Boston Marathon bombers, told from a law enforcement perspective. To me, though, the experience of the art should come first, a political dissection of it second, if at all. And all three of these movies are compelling, well-crafted and seemingly heartfelt. Particularly after the lugubrious, over-burdened experience of *Live By Night*, *Patriots' Day* felt refreshing-

ly brisk and focused. And, at least to my eyes, it effectively sidestepped the political quagmire of intent, focusing instead on the immediate human experience of those awful, chaotic days. *R. 92M. FORTUNA.*

— John J. Bennett

***Updated Broadway, Mill Creek and Fortuna listings were not available at press time.** For showtimes, see the* Journal*'s listings at www.northcoastjournal.com or call: Broadway Cinema 443-3456; Fortuna Theatre 725-2121; Mill Creek Cinema 839-3456; Minor Theatre 822-3456; Richards' Goat Miniplex 630-5000.*

Previews

ELLE. French film about a video game company executive (Isabelle Huppert) hunting down her rapist, who may or may not be one of the men she knows, with revenge in mind. *R. 130M. MINOR.*

20TH CENTURY WOMEN. Annette Bening stars as a single mother raising a teenage boy (Lucas Jase Zumann) in late 1970s Santa Barbara, recruiting his friends to help her understand him. *R. 137M. MINOR.*

NAUSICAÄ OF THE VALLEY OF THE WIND (1984). Hayao Miyazaki's animated dystopian fantasy about a princess trying to save her people and an already environmentally ravaged Earth from war. *PG. 117M. MINOR.*

Continuing

THE BYE BYE MAN. Teens stumble upon a murderous urban legend who, like your ex, is summoned whenever someone says or thinks his name. *PG13. 96M. BROADWAY, MILL CREEK.*

THE EAGLE HUNTRESS. Documentary about a 13-year-old Mongolian girl on a quest to become the first female in her nomadic tribe to master its tradition of hunting with a golden eagle. *G. 127M. MINOR.*

HIDDEN FIGURES. Indelible performances Taraji P. Henson, Janelle Monae and Octavia Spencer carry this compelling story about the black women whose calculations were vital to the space race. Still, it lacks style and scenes of daily racism and sexism amid the Civil Rights movement come off as mild and toothless. *PG. 127M. BROADWAY, FORTUNA, MILL CREEK.*

HUNTER GATHERER. A newly released ex-con (Andre Royo) tries to pick up his former life, including the ex who no longer wants him. *NR. 90M. MINIPLEX.*

LA LA LAND. Ryan Gosling and Emma Stone make real movie magic in this lush, candy-colored and sublimely giddy musical about an aspiring actress and jazz-loving pianist in Los Angeles. *PG13. 128M. BROADWAY.*

MANCHESTER BY THE SEA. A man with a past (Casey Affleck, fittingly) returns to his hometown to look after his dead brother's kid. With Michelle Williams. *R. 137M. MINOR.*

MOANA. A young navigator (actual Hawaiian Auli'I Cravalho) enlists the reluctant aid of a demigod (actual demigod Dwayne Johnson) on a sea voyage to save her home from destruction in this Disney animated feature. *PG. 113M. BROADWAY.*

A MONSTER CALLS. A boy (Lewis MacDougall) with a terminally ill mother (Sigourney Weaver) finds solace and aid with an enormous tree monster. *PG. 104M. BROADWAY, MILL CREEK.*

MONSTER TRUCKS. A teen junkyard tinkerer (Lucas Till) finds a monster and, you know, puts it in his truck. (It can't all be *Moonlight*, people.) *PG. 104M. BROADWAY, FORTUNA, MILL CREEK.*

PASSENGERS. Jennifer Lawrence and Chris Pratt play a pair of space travelers who, like a holiday traveler without Ambien/cash for the drink cart, wake up way too early in the flight and find themselves in trouble. *PG13. 130M. BROADWAY, MILL CREEK.*

ROGUE ONE: A STAR WARS STORY. This Death Star-era prequel about a young rebel and her motley crew features character complexity yet unseen in the *Star Wars* universe, plus a stellar cast, impeccably choreographed battle sequences, good jokes and the best droid yet. *PG13. 113M. BROADWAY, FORTUNA, MILL CREEK.*

SEASONS. This nature documentary tells the history of Europe, starting with the ice age, from the perspective of animals. *R. 91M. MINIPLEX.*

SING. A koala trying to save his theater holds a singing competition with a menagerie of hopefuls in this animated musical. Starring Matthew McConaughey and Reese Witherspoon. *PG. 108M. BROADWAY, FORTUNA, MILL CREEK.*

SLEEPLESS. Jamie Foxx stars as a dirty cop on the hunt for his kidnapped son. With Michelle Monaghan as the Internal Affairs officer investigating him. *PG. 104M. BROADWAY, MILL CREEK.*

TANNA. This Aussie film uses tribal actors to tell a love story in the shadow of a volcano on a remote island. *NR. 100M. MINIPLEX.*

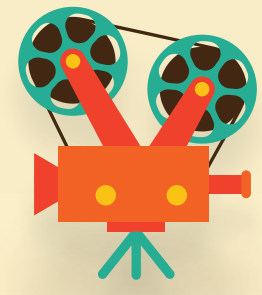
TICKLED. A documentary about competitive tickling takes a dark turn when it reveals a big-money underworld and online blackmail. Who knew? *R. 92M. MINIPLEX.*

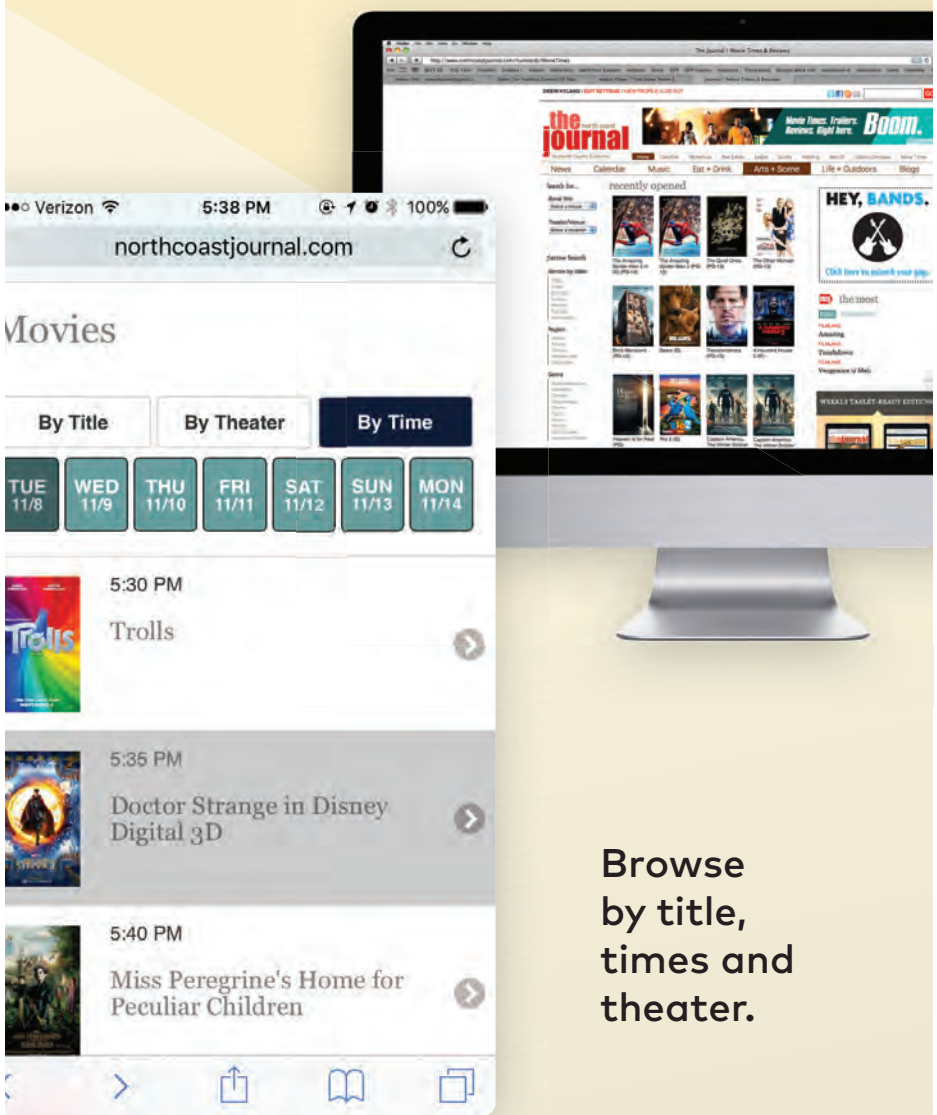
UNDERWORLD: BLOOD WARS. Kate Beckinsdale throws a parka over her shiny catsuit and amps up her vampire powers to stop a monster-on-monster war. *R. 91M. BROADWAY, FORTUNA, MILL CREEK.*

WHY HIM? Bryan Cranston plays a father out to oust his daughter's (Zoey Deutch) wildly inappropriate boyfriend (James Franco). *R. 111M. BROADWAY.*

— Jennifer Fumiko Cahill

MOVIE TIMES. TRAILERS. REVIEWS.





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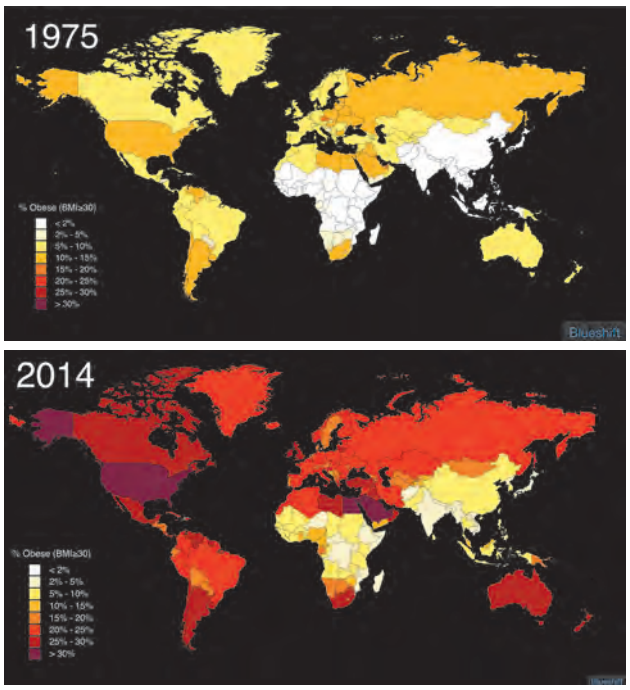
How Sweet It Ain't

By Barry Evans
fieldnotes@northcoastjournal.com

Right about the time the U.S. government issued its first dietary guidelines in 1980, obesity and its evil twin, Type 2 diabetes, took off. In 1950, 12 percent of us were obese; 30 years later, that figure had increased marginally to 15 percent. But between 1980 and 2000, the rate shot up to 35 percent. Today 160 million of us, 13 percent of the total overweight and obese people in the world, live in a country that only accounts for 5 percent of the global population. What happened? Why, despite the guidelines, did we get fat?



Comparison of global obesity rates in 1975 and 2014.
By Max Galka, Blueshift

A chorus of well-researched books and articles is now reevaluating the government's advice. It looks like we got fat not despite but because of the guidelines. In 1980, we were told to avoid saturated fats and cholesterol, which for many Americans meant cutting back on meat, butter, eggs and whole milk. Suddenly pasta, rice, margarine and low-fat milk were considered healthier than the fat-laden stuff we'd previously been eating.

Turns out, the guidelines were tragically wrong, as were our own instincts, which caused us to link the noun fat (in food) with the adjective fat (a fat person). Ingesting fat doesn't make us fat; our bodies don't just passively funnel bacon straight onto our thighs. Same with cholesterol. Dietary cholesterol doesn't equate to blood cholesterol, whatever your doctor tells you (a recent study found that 54 percent of U.S. doctors do believe that); most people can eat several eggs a day without affecting their blood cholesterol levels. That's because the complicated chemical factories we call "bodies" automatically produce less cholesterol when we ingest more of the stuff.

Still not convinced that fat isn't the problem? Oxford University published a study in 2008 showing an inverse correlation between saturated fat and heart disease in Europe. France scores highest for eating saturated fat and lowest for heart disease, while the Ukraine has the lowest intake of saturated fat and the highest rate of heart disease.

So if fat isn't the problem, what is? Probably sugar. Just about every week new evidence links sugar (not fat!) with obesity, Type 2 diabetes, heart disease and some types of cancers. Alzheimer's often gets a mention there, too. From our bodies' point of view, straight-up carbohydrates in the form of refined sugar (absent fiber and nutrients) came as a shock a mere 300 years ago, and they're still trying to figure it out. Meanwhile we've been nourishing ourselves with fatty meat just about forever. It's possible to thrive without meat (my wife and I have been doing so for nearly 40 years) but replacing it with easily-digested carbohydrates — as was the effect of the 1980 guidelines — isn't the solution.

The government seems to be finally getting the message. Last year, it published new dietary guidelines, calling for us to obtain no more than 10 percent of our calories from sugar (still too high, in my opinion) with nothing said about cutting back on meat. Forty-seven years ago, we followed government guidelines and got fat and unhealthy. Hopefully this time around they've got it right. Bon appétit!

●

Barry Evans vows never to say again, "A calorie is a calorie is a calorie."

Workshops & Classes

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or e-mail: **classified@northcoastjournal.com**

Listings must be paid in advance by check, cash or Visa/MasterCard.
Many classes require pre-registration.

Arts & Crafts

LEARN TO KNIT It's WINTER we all need a little something to do on those cold winters days and nights!
Our new beginning knitting class will give you the skills to complete your first knitted project, a hat. Total instruction time is six hours. Your materials are included. Workshop Fee:$65.00
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Saturday, Feb 25 11AM - 1PM
Saturday, Mar 4 11AM - 1PM
Sign-up on-line or give us a call (707) 442-9276
info@northcoastknittery.com
www.northcoastknittery.com

STUDIO SCHOOL. Saturday art classes for youth, ages 5-13. Make multimedia masks! Classes begin Jan. 21. Call 826-3731 or visit www.humboldt.edu/studioschool (A-0119)

Communication

CONSTRUCTIVE/PRODUCTIVE INTERACTIONS WORKSHOP. Leading Organizational & Community Change program. Strengthen thinking, relationships, decision-making. Feb. 9-10. $350. Call 826-3731 or visit www.humboldt.edu/locc (C-0119)

CONSULTING SKILLS WORKSHOP. Leading Organizational & Community Change program. Have your expertise utilized as you build effective partnerships. Feb. 15-17. $525. Call 826-3731 or visit www.humboldt.edu/locc (C-0119)

HAITI EARTHQUAKE SURVIVORS INTERVIEWED AT LIFETREE CAFÉ A rare filmed interview with survivors of a catastrophic earthquake in Haiti will be screened at Lifetree Café on Sunday, January 22 at 7 p.m. The program, titled, "Why Did I Survive? Questions From Natural Disasters and Other Scrapes with Death,"features a filmed interview with Rodney and Lillian Smoker who were serving as missionaries in Haiti when the earthquake occurred. During the program, participants will see personal video footage of the aftermath of the earthquake. Admission to the 60-minute event is free. Lifetree Café is located at Campbell Creek Connexion on the corner of Union and 13th St., Arcata. Lifetree Café is a place where people gather for conversation about life and faith in a casual, comfortable setting. Questions about Lifetree may be directed to Bob at 707 672 2919 or bobdipert@hotmail.com (C-0119)

LEARN ITALIAN FROM A NATIVE SPEAKER. Beginning & Intermediate. Classes begin Jan. 24. $130. Call 826-3731 or visit www.humboldt.edu/extended (C-0119)

LEARN JAPANESE FROM A NATIVE SPEAKER. Classes begin Feb. 1. $85, 4-weeks. Call 826-3731 or visit www.humboldt.edu/extended (C-0119)

Dance/Music/Theater/Film

AGNI: THE VEDIC RITUAL OF THE FIRE ALTAR (DOCUMENTARY FILM) Westhaven Center for the Arts inaugurates their Healing Arts film/discussion series on Wednesday evening, February 1 at 7:00pm, with the documentary film, Agni, featuring rare footage of the ancient Vedic fire ritual by ethnographic filmmakers Robert Gardner of Harvard University and Frits Staal, of the University of California, Berkeley. Pot-luck at 6:30pm. $5.00 suggested donation. Call (707) 845-1788 for information and/or visit: westhavencenter.org (707) 845-1788 mounibabaji108@yahoo.com westhavencenter.org

FREE WEST AFRICAN DRUM CLASSES Friday 5:30-7pm. HSU Music Room 131 Contact Joe Bishop 707-601-5347 Drums available to use or purchase (DMT-0126)

GUITAR/PIANO LESSONS. All ages, beginning & intermediate. Seabury Gould (707)845-8167. (DMT-0126)

REDWOOD RAKS WORLD DANCE STUDIO, OLD CREAMERY IN ARCATA. Belly Dance, Swing, Tango, Hip Hop, Zumba, African, Samba, Capoeira and more for all ages. (707) 616-6876 www.redwoodraks.com (DMT-0126)

STEEL DRUM CLASSES. Beginning Classes Level 1 Fri's. 10:00-:11:00a.m, Level 2 Fri's. 11:00-12:00p.m. Intermediate Thu's., 6:30-7:30p.m. Pan Arts Network 1049 Samoa Blvd. Suite C. Call (707) 407-8998. panartsnetwork.com (DMT-0126)

WILL YOU BE READY FOR HUMBOLDT'S DANCE EVENT OF THE YEAR? Learn West & East Coast Swing, Lindy Hop, Rumba, Waltz, & Foxtrot, in monthly group classes January through March with Dance with Debbie. No partner required, all levels welcome. Join us in celebrating the annual Redwood Coast Music Festival! (707) 464-3638, debbie@dancewithdebbie.biz (D-0316)

Fitness

NORTH COAST FENCING ACADEMY. Fencing (with swords!). Improve your mind and body in a fun, intense workout. New classes begin the first Mon. of every month. Ages 8 to 80+ Email: northcoastfencingacademy@gmail.com or text, or call Justin at 707 601-1657. 1459 M Street, Arcata, northcoastfencing.tripod.com (F-0126)

ZUMBA WITH MARLA JOY. Elevate, Motivate, Celebrate another day of living. Exercise in Disguise. Now is the time to start, don't wait. All ability levels are welcome. Every Mon. and Thurs. at Bayside Grange 6-7 p.m., 2297 Jacoby Creek Rd. $6/$4 Grange members. (707) 845-4307 marlajoy.zumba.com (F-0126)

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-0126)

Food & Drink

FOODWISE KITCHEN IN ARCATA HOLDS INSPIRING CLASSES & PLANT BASED SUNDAY MEAL PREP! Checkout foodwisekitchen.com for event schedule/details or call 707-633-8328 (F-0119)

50 and Better

40 YEARS OF NORTH COAST GARDENING WITH PETER HAGGARD. Topics include: changes in garden science, climate, new varieties of fruit trees and vegetables, fertilizers and more. Thurs., Feb. 2 & 9, 6-8 p.m. OLLI Members $50. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0119)

BALLET FOR ADULTS WITH NANCY CALL. Develop and strengthen the ballet techniques of grace, good posture, flexibility, strength, coordination, balance and musicality. Thurs., Feb. 2-23, 10:30 a.m. to noon. OLLI Members $60. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0119)

CREATE THE LIFE YOU WANT! WITH NATALIE REID. Learn how to make changes, drop what doesn't work for you and have what you do want. Wed., Feb. 1-22, 5-6 p.m. OLLI Members $50. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0119)

OSHER LIFELONG LEARNING INSTITUTE (OLLI). Offers dynamic classes for people age 50 and over. Call 826-5880 or visit www.humboldt.edu/olli to register for classes (O-0126)

OUR WWII HOME FRONT WITH RAY HILLMAN. Take an in depth look at Humboldt Bay history including submarines, beach patrols, shipyards, military bases and more. Thurs., Feb. 2 & 9, 6:30-9 p.m. and Sat., Feb. 18, 10 a.m.-3 p.m. OLLI Members $70. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0119)

THE ART & SCIENCE OF DRAWING: BASIC SKILLS WITH BRENT EVISTON. Get the skills you need to begin drawing and sketching anything you want quickly and comfortably. Thurs., Feb. 2-16, 1:30-4 p.m. OLLI Members $75. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0119)

VINCENT VAN GOGH IN FRANCE WITH RON JOHNSON Gain a deeper understanding of Vincent Van Gogh's paintings from Impressionism to Expressionism. Tues., Jan. 31-Feb. 28, 6-8 p.m. OLLI Members $75. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0119)

WRITING AS A SPIRITUAL JOURNEY WITH BONNIE SHAND. This class provides a safe place to expand and deepen your writing practice, share work and receive feedback. Tues., Jan. 31-March 7, 1-3 p.m. OLLI Members $85. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0119)

Spiritual

HUMBOLDT UNITARIAN UNIVERSALIST FELLOWSHIP. We are here to change lives with our love. . Services at 9am and 11am on Sunday. Child care is provided at 9am. Childrens religious education is at 11am. 24 Fellowship Way, off Jacoby Creek Rd., Bayside. (707) 822-3793, www.huuf.org. (S-0119)

TAROT AS AN EVOLUTIONARY PATH. Classes in Eureka, and Arcata. Private mentorships, readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com (S-0126)

ARCATA ZEN GROUP MEDITATION. Beginners welcome. ARCATA: Sunday 7:55 a.m. at Trillium Dance Studio, 855 8th St (next to the Post Office). Dharma talks are offered two Sundays per month at 9:20 a.m. following meditation. EUREKA: Wed's, 5:55 p.m., First Methodist Church, 520 Del Norte St., enter single story building between F & G on Sonoma St, room 12.For more information call 826-1701 or visit arcatazengroup.org. (S-0126)

CALM-ABIDING MEDITATION PRACTICE WEEKEND with Lama Kunzang Drolma at Rangjung Yeshe Gomde Buddhist retreat center in Leggett, January 27-29. $80. Visit gomdeusa.org for information and registration. (S-0202)

FREE NON-RELIGIOUS BUDDHIST STUDY AND PRACTICE WITH TOBIN RANGDROL. Our next meeting is Tuesday, January 24 from 6:30 to 8:30 p.m. at the Arcata School of Massage. No registration necessary. Visit freebuddhism.org for more information. (S-0119)

KDK ARCATA BUDDHIST GROUP. Practice Tibetan Meditation on Loving-Kindness and Compassion in the Kagyu tradition, followed by a study group. Sun's., 6 p.m., Community Yoga Center 890 G St., Arcata. Contact Lama Nyugu (707) 442-7068. Fierro_roman@yahoo.com. www.kdkarcatagroup.org (S-0126)

MASSAGE SCHOOL INFORMATION NIGHT AT ARCATA SCHOOL OF MASSAGE. Join us on February 2 at 5:30 p.m. for a free presentation from the Director of our massage therapy training program, with plenty of time for Q&A. No registration necessary. Visit arcatamassage.com for more information. (S-0202)

Therapy & Support

SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 825-0920, saahumboldt@yahoo.com or (TS-0126)

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844 442-0711. (T-0126)

SMOKING POT? WANT TO STOP? www.marijuana-anonymous.org (T-0126)

Vocational

U.C. SMALL FARM-MASTER GARDENER SERIES. 5 Thursday evenings and 5 Saturdays in March; lectures and farm visits. Master Food Preserver Program starts in February; Monday evenings and Saturdays. http://cehumboldt.ucanr.edu/Programs/Master_Food_Preserver_and_Master_Gardener_Program/ (V-0119)

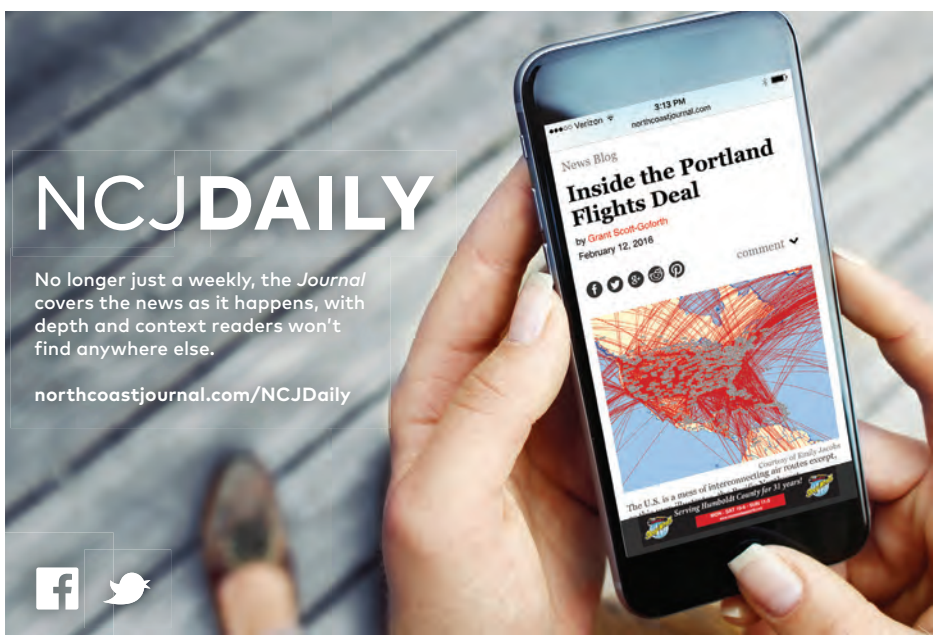
Wellness & Bodywork

DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL. Beginning with Herbs. Jan 25 - Mar 15, 2017, 8 Wed. evenings. Learn the basics of herbalism from medicine-making to first aid. Herbal Clinic Class. Jan 30 - April 17, 2017, Refine and expand your herbal counseling skills by evaluating case studies and practicing with actual clients in this 12-session class. 10-Month Herbal Studies Program. Feb. - Nov. 2017. Meets 3rd weekend monthly with several field trips. 130-hour program for the serious herb student; includes material medica, herbal therapeutics, flower essences, wild plant ID, sea vegetables and so much more! Medicinal Cannabis Conference. April 29-30, 2017. Advance your knowledge base on Cannabis to the next level with renowned experts in the field! Register online www.dandelionherb.com or call (707) 442-8157. (W-0202)

FOOT REFLEXOLOGY CERTIFICATION Learn to relieve pain, improve alignment and body mechanics, promote detoxification and more. Combination in class and home study program begins February 17. Early registration discount. Alexandra Seymour ARC Board Certified Reflexologist at the Center for Reflexology 707-822-5395 or as@reflexologyinstruction.com (W-0202)

SUSTAINABLE SOCIETY WORKSHOP. 5-week teach-in style course. Begins Jan 25 on HSU campus. $60. Call 826-3731 or visit www.humboldt.edu/extended (W-0119)

YOGA IN FORTUNA THURS 9:30AM - 10:45AM W/LAURIE BIRDSONG. Multigenerational Center 2280 Newburg Rd. Breathe, stretch, strengthen the body, calm the mind. All levels. $11 drop-in or 6 class pass $57. Scholarships avail. info Laurie 362-5457 (W-0126)



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with Mary
Saturday, January 21 at 10:30am

Tillandsia Gardens
with Marylin
Saturday, January 28 at 10:30am

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NOTICE OF PETITION TO ADMINISTER ESTATE OF LANCE HARDIE, formerly known as ALEJANDRO B. MARTON and ALEX MARTON CASE NO. PR170001

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both,
LANCE HARDIE, formerly known as ALEJANDRO B. MARTON and ALEX MARTON
A PETITION FOR PROBATE has been filed by Petitioner, PATRICIA ATWOOD of S.A.F.E. PLANNERS, INC.
In the Superior Court of California, County of Humboldt. The petition for probate requests that PATRICIA ATWOOD of S.A.F.E. PLANNERS, INC. be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A HEARING on the petition will be held on February 2, 2017 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 3.
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
ATTORNEY FOR PETITIONER:
Jocelyn M. Godinho
350 E. Street, First Floor
Eureka, CA 95501
707-442-7262
January 3, 2017
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT

1/5, 1/12, 1/19 (17-003)

PUBLIC SALE

NOTICE IS HEREBY GIVEN that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to Sections 21700 -21716 of the Business & Professions Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the civil Code.

The undersigned will sell at public sale by competitive bidding on the 25th of January, 2017, at 9:00 AM, on the premises where said property has been stored and which are located at Rainbow Self Storage.

The following spaces are located at 4055 Broadway Eureka, CA, County of Humboldt.

Victoria Davis, Space # 5239
Danielle Guinn, Space # 5429

The following spaces are located at 639 W. Clark Street Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Mark Andersen, Space # 2703
Christopher Barrett, Space # 2711
Gregg Allen, Space # 2905
Geneva Carroll, Space # 3630

The following spaces are located at 3618 Jacobs Avenue Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Linda Stewart, Space # 1112
Joel Guevara, Space # 1121
Antwanique Brown, Space # 1198
Catrina Reynolds, Space # 1308
Gregory Jackson, Space # 1361
John Ballantine, Space # 1557 (Held in Co. Unit)
Brittany Gomez Serrano, Space # 1570
Natasha Branham, Space # 1693
Joel Guevara, Space # 1796
Aurora Hope, Space # 1815

The following spaces are located at 105 Indianola Avenue Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Timothy Olney, Space # 149
Michael Koenig, Space # 463
Shannon Maguire Salvatori, Space # 716
Christopher Morgan, Space # 750
Michael Cardena-Huaman, Space # 779
Brian Ericson, Space # 801
Michael Wells, Space # 823
Dustin Smith, Space # 835 (Held in Co. Unit)
Natasha Nogan, Space # 853
Gregory Huffman, Space # 860

Items to be sold include, but are not limited to:
Household furniture, office equipment, household appliances, exercise equipment, TVs, VCR, microwave, bikes, books, misc. tools, misc. camping equipment, misc. stereo equip. misc. yard tools, misc. sports equipment, misc. kids toys, misc. fishing gear, misc. computer components, and misc. boxes and bags contents unknown. Purchases must be paid for at the time of the sale in cash only. Anyone interested in attending the auction must sign in at 4055 Broadway Eureka CA. prior to 9:00 A.M. on the day of the auction, no exceptions. All purchase items sold as is, where is and must be removed at time of sale. Sale is subject to cancellation in the event of settlement between owner and obligated party. Auctioneer: Kim Santsche, Employee for Rainbow Self-Storage, 707-443-1451, Bond # 40083246.

Dated this 12th day of January, 2017 and 19th day of January, 2017

(17-010)

FICTITIOUS BUSINESS NAME STATEMENT 16-00728

The following person is doing Business as
OASIS WATER DELIVERY/RANCHO DEL MAR
Humboldt
150 Stamps Lane
Arcata, CA 95521
Richard Gonzalez
150 Stamps Lane
Arcata, CA 95521
Linda R Potts
150 Stamps Lane
Arcata, CA 95521

The business is conducted by A General Partnership.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Linda Rae Potts, Owner
This statement was filed with the County Clerk of Humboldt County on December 15, 2016
KELLY E. SANDERS
Humboldt County Clerk
By: lh, Deputy Clerk

1/12, 1/19, 1/26, 2/2 (17-008)

Let's Be Friends

FICTITIOUS BUSINESS NAME STATEMENT 17-00001

The following person is doing Business as
SOUL GRATITUDE/FEATHER ESSENCE
Humboldt
3671 California St.
Eureka, CA 95503
Nicole G Schiller
3671 California St
Eureka, CA 95503

The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Nicole G. Schiller, Owner
This statement was filed with the County Clerk of Humboldt County on January 3, 2017
KELLY E. SANDERS
Humboldt County Clerk
By: sc, Deputy Clerk

1/12, 1/19, 1/26, 2/2 (17-005)

FICTITIOUS BUSINESS NAME STATEMENT 16-00733

The following person is doing Business as
BLACK HOLE WOMAN
Humboldt
824 L. St.
Arcata, CA 95521
Cynthia L. McCloud
1447 Panorama Dr.
Arcata, CA 95521

The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Cynthia L. McCloud, Owner
This statement was filed with the County Clerk of Humboldt County on December 16, 2016
KELLY E. SANDERS
Humboldt County Clerk
By: gw, Deputy Clerk

1/12, 1/19, 1/26, 2/2 (17-009)

FICTITIOUS BUSINESS NAME STATEMENT 16-00746

The following person is doing Business as
OM SHALA YOGA
Humboldt
858 10th Street
Arcata, CA 95521
Margaret N Progant
14599 West End Road
Arcata, CA 95521

The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Margaret N. Progant, Owner
This statement was filed with the County Clerk of Humboldt County on December 22, 2016
KELLY E. SANDERS
Humboldt County Clerk
By: aa, Deputy Clerk

1/5, 1/12, 1/19, 1/26 (17-002)

FICTITIOUS BUSINESS NAME STATEMENT 16-00758

The following person is doing Business as
PACIFIC CHOICE SEAFOOD EUREKA
Humboldt
1 Commercial Street
Eureka, CA 95501
Pacific Choice Seafood Company
Oregon 058782-85
16797 SE 130th Ave
Clackamas, OR 97015

The business is conducted by A Corporation.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Paul L. Minter, Secretary
This statement was filed with the County Clerk of Humboldt County on December 28, 2017
KELLY E. SANDERS
Humboldt County Clerk
By: aa, Deputy Clerk

1/19, 1/26, 2/2, 2/9 (17-011)

FICTITIOUS BUSINESS NAME STATEMENT 16-00018

The following person is doing Business as
FORBES & ASSOCIATES
Humboldt
1807 Central Ave
McKinleyville, CA 95519
Tracy L Helard-Shumard
4747 Aster Ave
McKinleyville, CA 95519

The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Tracy Helard-Shumard, Owner
This statement was filed with the County Clerk of Humboldt County on January 11, 2017
KELLY E. SANDERS
Humboldt County Clerk
By: gw, Deputy Clerk

1/19, 1/26, 2/2, 2/9 (17-012)

FICTITIOUS BUSINESS NAME STATEMENT 17-00008

The following person is doing Business as
GALERIE ODALISQUE
Humboldt
7512 Elk River Road #A
Eureka, CA 95503
Tristan S Winter
7512 Elk River Road #A
Eureka, CA 95503

The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Tristan Winter, Owner
This statement was filed with the County Clerk of Humboldt County on January 5, 2017
KELLY E. SANDERS
Humboldt County Clerk
By: aa, Deputy Clerk

1/12, 1/19, 1/26, 2/2 (17-006)

LEGALS?
442-1400 ×305
classified@northcoastjournal.com
County Public Notices
Fictitious Business
Petition to Administer Estate
Trustee Sale
Other Public Notices

FICTITIOUS BUSINESS NAME STATEMENT 16-00741

The following person is doing Business as
PLAZA SHOE SHOP
Humboldt
699 G St
Arcata, CA 95521
Robert J Neely II
3402 Buttermilk Lane
Arcata, CA 95521
Alyana K Neely
3402 Buttermilk Lane
Arcata, CA 95521

The business is conducted by A Married Couple.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Alyana Neely, Owner
This statement was filed with the County Clerk of Humboldt County on December 21, 2016
KELLY E. SANDERS
Humboldt County Clerk
By: gw, Deputy Clerk

1/12, 1/19, 1/26, 2/2 (17-007)

@ncj_of_humboldt

Humboldt Bay Municipal Water District

Notice of Vacancy

BOARD OF DIRECTORS – DIVISION 5

Humboldt Bay Municipal Water District

828 7th Street, Eureka, CA 95501

Application deadline extended to Feb. 8, 2017

The Humboldt Bay Municipal Water District has a vacancy, effective January 13, 2017, for its Division 5 Director. The term expires December 4, 2018, with the election for this position during November 2018. The person appointed to fill this vacancy would serve through December 3, 2018.

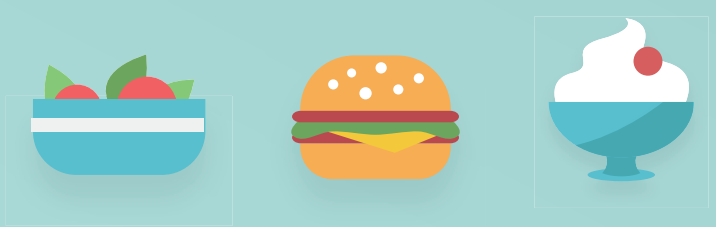
Anyone interested in being considered to fill the vacancy must reside within the boundaries of Division 5, which is comprised primarily of the Arcata area and extends east through Blue Lake. A map and legal description are available for inspection at the District's Eureka office. Contact the County's Election Division (445-7481) to confirm residency within HBMWD's Division 5.

If you are interested in applying for this position, please submit a letter of interest and resume to the District no later than the close of business (5 p.m.) on **Monday, December 19, 2016**. You may mail the information to: PO Box 95, Eureka 95502-0095, deliver it directly to 828 7th Street, Eureka, or email to: **office@hbmwd.com**.

The Board will determine which candidates to interview for the position. If selected as a candidate, you will be notified.

An overview of the District and summary of Director responsibilities are available at the District's office or its website (**www.hbmwd.com**). For any additional information about the Director position, call 443-5018.

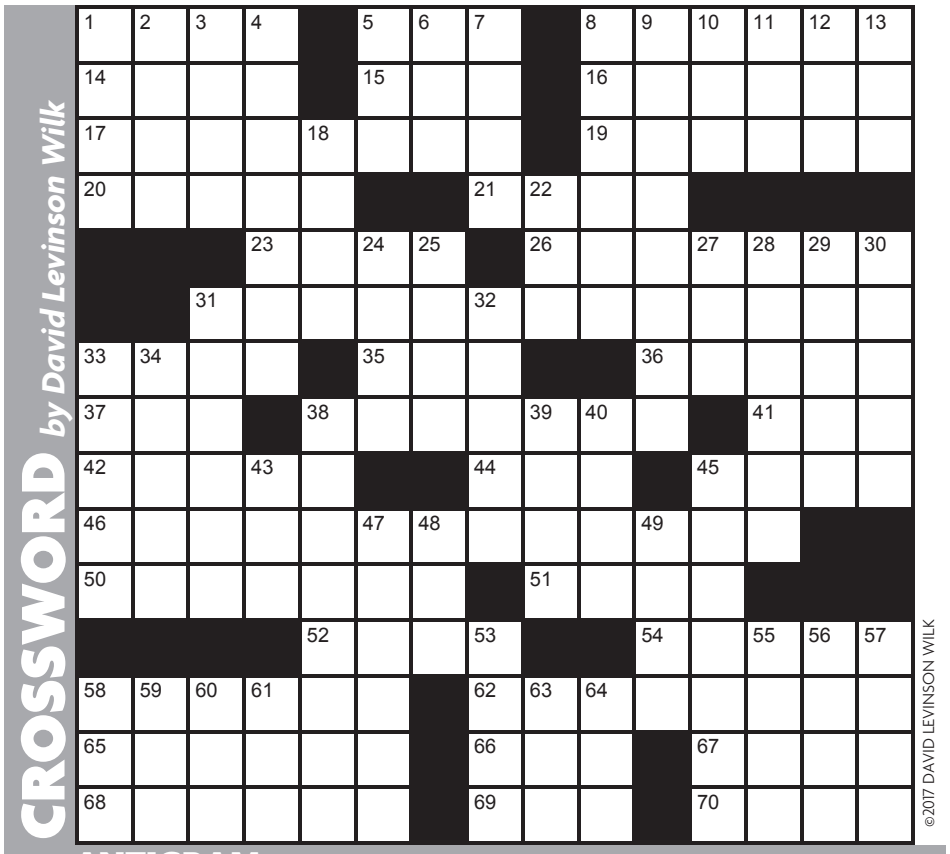
NCJ HUM PLATE



Devouring Humboldt's best kept food secrets.
northcoastjournal.com/HumPlate

Have a tip? Email jennifer@northcoastjournal.com

CROSSWORD by David Levinson Wilk



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ANTIGRAM — ANSWERS NEXT WEEK!

ACROSS

1. Help for motorcycle daredevils
5. eBay action
8. Key of Mozart's Symphony No. 40
14. Jai ____
15. In the manner of
16. Giving off, as confidence
17. 62-Across of "on the sly"
19. Natural history museum attractions
20. Get the ball rolling
21. Flue problem
23. Like a button?
26. Writes 2 + 7 = 10, e.g.
31. 62-Across of "no fair to trees"
33. "The Wizard ____" (comic strip)
35. Chick-____-A (chicken restaurant franchise)
36. Fence alternative
37. Sharp turn
38. 62-Across of "real fun"
41. Actress Vardalos
42. Playwright Fugard
44. "N.Y. State of Mind" rapper
45. What Yale became in 1969
46. 62-Across of "I won't hear this"
50. "It's ____ guess"
51. List-ending abbr.
52. Poe's "The ____ of Amontillado"
54. They may be French
58. "Put me down as a maybe"
62. Term used to describe a rearrangement of letters in a word or phrase to create its opposite meaning
65. John's "Pulp Fiction" costar
66. "Not ____ shabby!"
67. Identify
68. On a "What's Hot" list
69. Special feeling?
70. "If all ____ fails ..."

DOWN

1. Pep rally cries
2. Tons
3. "Give that ____ cigar!"
4. Like some navels
5. Flutter, as one's eyes
6. Hardly 100%
7. Periods of time
8. "Get cracking!"
9. Political comedian with the 1973 album "Sing a Song of Watergate"
10. Suffix with winter
11. Veto
12. 1300 hours, to a civilian
13. NFL positions: Abbr.
18. Double ____ Oreos
22. New Agey sounds
24. Staple of a vegan diet
25. "____ go bragh!"
27. Took courses
28. Failed to
29. "Git along" little critter
30. "Golf Begins at Forty" author
31. Southpaw's opposite
32. Justice Kagan
33. Conductor Seiji
34. Belong
38. Recoiled slightly, as from an oncoming punch
39. Like first editions, often
40. ____ prof.
43. "What have we here?!"
45. It may be splashed on
47. In a precise manner
48. Alternative to -enne
49. "____ only known!"
53. Duchess of Cambridge, to friends
55. Spoken test
56. Bumps hard
57. "Hook" role
58. Suffix with sentimental
59. Dent or crack
60. "____ Mine" (George Harrison autobiography)
61. See 64-Down
63. Rejections
64. With 61-Down, 1986 Tom Cruise film

LAST WEEK'S ANSWERS TO MONEY BACK

P	A	G	E		C	M	O	N		L	O	U	S	E
A	C	R	E		R	O	M	O		A	N	S	E	L
M	A	R	K	C	U	B	A	N		B	L	E	N	D
				R	E	I	N		H	O	A	R	S	E
	C	I	V	I	L	L	I	B	E	R	T	I	E	S
C	A	L	E	B				E	N	D	E	D	I	T
F	R	A	T		B	A	N	A	N	A				
O	R	Y	O	U	R	M	O	N	E	Y	B	A	C	K
				N	E	A	R	E	R		A	X	L	E
E	T	A	I	L	E	R				E	L	I	A	N
N	O	T	N	E	C	E	S	S	A	R	I	L	Y	
H	O	O	H	A	H		C	E	D	E				
A	B	N	E	R		T	H	E	M	I	D	D	L	E
L	A	C	A	N		O	W	I	E		A	R	E	A
O	D	E	T	S		M	A	N	N		N	E	X	T

su|do|ku © Puzzles by Pappocom — VERY EASY #72

www.sudoku.com

3			9					6
	9	6			1		7	
				7	2		1	
	5	2	1	8	9			7
		3	4		7	6		
4			3	6	5	2	8	
	6		8	9				
	2		7			3	5	
8					4			9

Opportunities

HOME CAREGIVERS PT/FT
Non-medical caregivers to assist elderly in their homes. Top hourly wages. (707) 362-8045.

AMERICAN STAR PRIVATE SECURITY
Is Now Hiring. Clean record. Drivers license required. Must own vehicle. Apply at 922 E Street, Suite A, Eureka (707) 476-9262.

Redwood Coast Regional Center

Be a part of a great team!

CLIENT SERVICES MANAGER

Eureka, CA. 1 FT Early Start/Children's Unit. Requires MA + 4 yrs.exp.w/persons w/dev. disabilities or BA +6 yrs exp. Leadership exp, knowledge of case mgmt, computer expertise, good written/verbal skills. Salary range starts $4221/mo + excellent benefits.

To apply go to **www.redwoodcoastrc.org**.

Closes 1-17-16 at 5PM

Hiring? Post your job opportunities here. 442-1400 • northcoastjournal.com

CITY OF FORTUNA

FINANCE DIRECTOR

SALARY: $78,183 - $98,037 PER YEAR (STARTING SALARY DEPENDENT ON QUALIFICATIONS)

Under the administrative direction of the City Manager, the Finance Director is responsible to plan, organize, direct, and supervise the City's financial record keeping functions, including accounting, payroll, and utility billing; to be responsible for financial reporting; to assist with budget preparation and fiscal controls; to provide financial information and advice to City management staff and others; and to do related work as required.

The City makes a substantial contribution towards medical, dental, optical and life insurance for employees and their families. Other benefits include vacation, sick leave, residency incentive, administrative leave, and deferred compensation programs. The City participates in the PERS (Classic Members 2.0%@55 or New members 2%@62)retirement plan, and does not participate in Social Security.

For complete job description and required job application, contact the City of Fortuna, 621 11th Street, Fortuna, CA 95540, (707) 725-7600, or www.friendlyfortuna.com.

Application packets, including a cover letter, required application form, and resume, must be received by 4:00 pm, **Friday, February 3, 2017.**

open door
Community Health Centers

NOW SEEKING:

Medical Assistants

Medical Assistants are an important part of the patient care experience and essential to the health care team. Medical Assistants contribute to patient care and the overall clinic environment.

Open Door family practice clinics are fast-paced and expanding to meet our patients' needs. They have great teams and high energy. Medical Assistants work with providers in the exam room, implement treatment and care orders and provide follow-up activities, including patient education, conversations and communication.

Attention to detail, organization and strong communications skills are needed. The Medical Assistant needs to possess excellent interpersonal skills and the ability to exercise sound and responsible judgments in high stress situations.

Credentialed (certified, recognized) Medical Assistants with prior clinic experience preferred. Wage dependent on experience.

Positions Available in Eureka.

For details and online applications, visit:
opendoorhealth.com

REDWOOD COAST EnergyAuthority

RCEA is Hiring!

Growing local government agency seeks to fill two open positions.

Community Strategies Manager
($62,819.37 - $90,503.17 per yr)

Project Manager–Demand Side Management Programs
($62,819.37 – $90,503.17 per yr)

TO APPLY: Full details and application online at **redwoodenergy.org/opportunities/employment**

K'IMA:W MEDICAL CENTER

an entity of the Hoopa Valley Tribe, is seeking applicants for the following positions:

SOBER LIVING OPERATIONS CASE MANAGER FT/Regular ($19.23 per hr start). Responsible for day to day operations of transitional sober living environments. Grant funded position. Minimum Requirements: (1) 2 years experience in case management or in the behavioral health field; (2) Bachelor degree in social work, psychology, behavioral science or related field or, Associate Degree in Addiction Studies and California certified Addiction Counselor, Substance Abuse Counselor, or Chemical Dependency Counselor. **Deadline to apply is 5pm, January 20, 2017.**

ACCOUNTANT FT/Temporary ($19.05 per hr start, KGS 7). Performs accounting functions including preparation, review, recording, payments, taxes, payroll and required reporting. Minimum Requirements: High school diploma or equivalent; CA driver license; 3 years documented experience working in the general ledger; Bachelor degree in accounting (or related field) is preferred; experience in hospital or medical accounting will be considered in lieu of degree (3 years min. exp.); or a combination of education and experience can be accepted if described in a cover letter. **Deadline to apply is 5 PM, December 30, 2016.**

BEHAVIORAL HEALTH OFFICE SPECIALIST FT/Regular ($17.14 per hr start). Performs clerical and administrative support functions. Minimum requirements: CA driver license, submission of three letters of recommendation, and previous employment in a confidential setting. Also, one of the following: (1) Bachelor degree in psychology, sociology, social work or related field with at least one year progressive office experience, OR Associate of Arts degree with transfer studies (general education) with at least three years progressive office experience, OR High school diploma or equivalent with at least five years progressive office experience. Applicants may be tested on proficiency with computer programs. **Deadline to apply is 5 PM, January 31, 2017.**

For an application, job description, and additional information, contact: K'ima:w Medical Center, Human Resources, PO Box 1288, Hoopa, CA, 95546 or call **530-625-4261** or email: **hr.kmc@kimaw.org** for a job description and application. Resume and CV are not accepted without a signed application.

open door
Community Health Centers

NOW SEEKING:

Registered Nurses

The Registered Nurse holds a vital role in the care team in the clinical setting for the delivery of health care. Open Door is looking for an energetic individual able to work in a fast pace environment.

This role is focused on the delivery of primary care in a clinic setting, facilitating access, providing follow-up and coordinating the efforts of the health care team with an emphasis on disease prevention and health maintenance. The RN works closely with other clinical support staff and providers.

California Registered Nursing License required. Prior training preferred. Wage dependent on experience.

Positions available in
Willow Creek and other Open Door locations.

For details and online applications, visit:
opendoorhealth.com

PACIFIC BUILDERS
DESIGN • PLAN • BUILD

CONSTRUCTION ACCOUNTANT Pacific Builders is an established design/build construction company located in the creamery district of Arcata. We are seeking a self-driven experienced construction accountant to work as part of its leadership team.

ACCOUNTING RESPONSIBILITIES
Manage accounts payable/receivable
Perform all aspects of payroll requirements including tax deposits, quarterly and annual reports
Maintain accounting system and confirm accuracy
Generate various financial and project reports for partners
Perform monthly bank reconciliations and maintain cash flow statements

Track and oversee accounting aspects of contract terms review.
Enter job cost breakdowns to Master Builder software to track against estimates.

HUMAN RESOURCE RESPONSIBILITIES
Process new hire / termination paperwork
Provide employee handbook and maintain employment files

OPERATIONAL RESPONSIBILITIES
Manage organization's insurance portfolio, oversee insurance audits
Supervise office systems and work with management and project supervisors as needed

SKILLS AND EXPERIENCE
Knowledge of construction accounting and software, prevailing wage laws and lien law Accounting experience (5+ years)
Certified payroll experience
Knowledge of MasterBuilder a plus
Bachelor's degree in business or accounting preferred

Pacific Builders has a strong commitment to our local community, safety and the environment. Interested candidates can e-mail resumes to tony@pacificbuilders-arcata.com with the subject line 'construction accountant resume'. Please, no phone calls.

EUREKA CITY SCHOOLS

PRINCIPAL ACCOUNT ANALYST II

Full-time, year-round position,
$19.22 - $28.41/hr + benefits,
incl. PERS retirement

Supports site and/or program specific financial activities, including developing, processing, recording, updating, and reconciling fiscal information and monitoring compliance with district and stae financial policies and procedures.

Visit 2100 J St. or **eurekacityschools.org** for the complete job description and application process. **Open until filled.**

HUMBOLDT COUNTY OFFICE OF EDUCATION

Humboldt County Office of Education

Anticipated Openings for School Bus Drivers

Entry level or experienced–all you need is the DRIVE to succeed! Part-Time, full-time, and substitute positions. Competitive wages & benefits, PERS retirement for all regular positions. FREE training available for CLASS B license and School Bus Driver Certification.

Qualifications: Must be 18 years of age or older. Drivers are subject to a medical evaluation, including drug testing.

Apply at HCOE or online at **www.humboldt.k12.ca.us**

Reply to: Personnel, HCOE, 901 Myrtle Ave., Eureka, CA 95501.

HOSPICE OF HUMBOLDT

Now Hiring
RN CLINICAL MANAGER

The Clinical Manager supervises clinical staff in the provision of care for Hospice patients. We are looking for a team-oriented nursing leader with excellent critical thinking and mentoring skills, and a passion for Hospice's mission.

Our staff enjoy outstanding benefits, competitive wages and professional growth opportunities. 4 day/week schedule options. Current California RN license and prior nursing experience required.

*Visit **www.hospiceofhumboldt.org***
or call 707-445-8443 for more information.

changing tides family services

Would you like to apply your skills in an established organization helping local children and families? Our exciting workplace has full- and part-time time openings.Take a look at the job descriptions on our website at **www.changingtidesfs.org**.

CHILD CARE FOOD PROGRAM SUPERVISOR

This full-time position ensures program regulations, policies and procedures are followed in accordance with appropriate guidelines; conducts office and community based activities to support participation of eligible child care providers in the Child and Adult Care Food Program (CACFP); conducts recruitment and retention activities. Starts at $15.59/hr. On occasion, must work a varied schedule, including evenings, early mornings, or weekends. **Closes at 5 p.m. on Monday, January 30, 2017**

CLINICIAN/BILINGUAL CLINICIAN

Full-time opening for a Clinician to provide services to children, youth, and adults, including assessments, individual and group therapy, and related services. Clinician I requires current ASW or MFTI registration valid in CA. Clinician II requires current MFT or LCSW license valid in CA. Bilingual Clinician positions require ability to speak, read, and write in accurate, fluent Spanish. Experience providing psychotherapy w/children and youth as the primary focus is preferred. Clinician I $23.24/hour, Clinician II $4,385/month, Bilingual Clinician I $24.92/hour, Bilingual Clinician II $4, 702/month. **Closes at 5 p.m. on Monday, January 30, 2017**

MENTAL HEALTH SUPPORT SPECIALIST

Fulltime and intermittent positions available. This position provides support to children, youth and families in a variety of settings including home, school, and community; provides 1:1 behavior coaching in a home, school or community setting; provides referral and linkage to community resources; provides parent education and support as directed. $18.00/hour plus mileage reimbursement. **Open until filled**

Must be able to pass DOJ/FBI criminal history, fingerprint clearance and possess a valid CDL, current automobile insurance and a vehicle for work.

Benefits for fulltime positions include paid vacation/sick leave, holidays, and insurance.

Application and job description available at **www.changingtidesfs.org**. Please submit letter of interest, resume, and application to Nanda Prato, Human Resource Director, at nprato@changingtidesfs.org or via U.S. mail to: 2259 Myrtle Avenue, Eureka, CA 95501. EOE

Hiring?

Post your job opportunities in the *Journal*.

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northcoastjournal.com

EXPERIENCED CARETAKER WANTED

RETIRED " BACK TO THE LAND" COUPLE OFFER A GREAT OPPORTUNITY TO THE RIGHT PERSON/COUPLE INTERESTED IN LIVING RENT FREE ON OUR INCREDIBLE 120 ACRE OFF GRID ENERGY SELF-SUFFICIENT HOMESTEAD ONLY 1/2 HOUR FROM ARCATA/EUREKA NEAR SUNNY KNEELAND.WE'RE LOOKING FOR AN ABLE-BODIED CARETAKER TO HELP US MAINTAIN OUR RURAL PROPERTY. IN EXCHANGE FOR RENT. RESPONSIBILITIES INCLUDE FIREWOOD CUTTING AND SPLITTING, HEAVY YARDWORK, GARDEN MAINTENANCE, OCCASIONAL HOUSE AND PET SITTING AS WELL AS CONSTANT YEAR ROUND PROJECTS.
WE HAVE ALL NECESSARY EQUIPMENT.
CARETAKER MUST PROVIDE SELF-CONTAINED RV OR TRAILER, HOOK-UPS PROVIDED.
WE ARE CREATIVE, PRACTICAL, INDUSTRIOUS AND FUN AND ARE LOOKING FOR A LIKE-MINDED PERSON TO SHARE IN THE JOYS AND CHORES OF COUNTRY LIFE. WELL BEHAVED PET CONSIDERED.
LOCAL REFERENCES REQUIRED. NO POT GROWING.

CONTACT US AT *artfeltdezigns@yahoo.com*

YUROK TRIBE JOB OPENINGS

For information www.yuroktribe.org, hr@yuroktribe.nsn.us or 707-482-1350

#0773 FORESTRY DIRECTOR
RG/FT KLAMATH $72,999-94,898 OUF

#0808 SOCIAL WORKER
RG/FT KLAMATH $24.12-34.54 1/20/17

#0833 ADMINISTRATIVE ASSISTANT LANGUAGE
RG/FT KLAMATH $17.75-19.72 1/20/17

#0839 HEAD START TEACHER
RG/FT KLAMATH $20.23-26.30 1/13/17

#0840 BUS DRIVER/CUSTODIAN
RG/FT WEITCHPEC $15.86-20.62 OUF

#0851 ASSOCIATE GENERAL COUNSEL
RG/FT KLAMATH $60,904-94,898 OUF

#0860 EHS TEACHER
RG/FT WEITCHPEC $18.22-26.30 1/27/17

#0862 EHS TEACHER
RG/FT KLAMATH $18.22-26.30 1/27/17

#0865 ACCOUNTANT III
RG/FT KLAMATH $55,435-72,068 1/27/17

#0866 TECHNICIAN III-AVIAN POINT COUNT
RG/FT WEITCHPEC $15.91-23.06 1/31/17

#0870 FISHERIES BIOLOGIST
RG/FT WEAVERVILLE $19.72-28.39 1/20/17

#0871 FISH TECHNICIAN I
RG/FT WILLOW CREEK $12.68-18.49 1/20/17

#0872 FISH TECHNICIAN I
RG/FT WEAVERVILLE $12.68-$18.49 1/20/17

#0873 FISH TECHNICIAN II
RG/FT WILLOW CREEK $14.22-$20.69 1/20/17

#0874 FISH TECHNICIAN II
RG/FT WEAVERVILLE $14.22-$20.69 1/20/17

#0875 TRANSIT VAN/BUS OPERATOR
RG/FT KLAMATH $15.91-20.69 1/20/17

#0876 EPA SPECIALIST WETLANDS
RG/FT KLAMATH $19.72-25.63 2/06/17

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PUBLIC NOTICE
HOUSING AUTHORITY OF THE CITY OF EUREKA

Invites applications for the position of Front Office Assistant –This is a full time permanent position in the Tenant Services Department with an anticipated starting date between March 01-16, 2017. Starting salary range is $2649 - $3252/month appointments are normally made at the beginning of the salary range.

Education/Experience: Any combination of education and experience that demonstrates general office and receptionist duties.

Complete job description and application package can be obtained at the Housing Authorities' office at 735 West Everding Street, Eureka CA 95503. Application deadline is Thursday, February 02, 2017 at 4:30 p.m.

Our office will be closed on January 20, 2017.

The Housing Authorities are Equal Housing Opportunity Organizations.

Redwood Coast Regional Center

Be a part of a great team!

FEDERAL PROGRAM SPECIALIST

FT in Eureka, CA. Reviews, maintains oversight and recertification for persons identified in the HCBS Medicaid and 1915(i) waivers. Applicant needs minimum of 3 years working with persons with a diagnosis of intellectual disability. Requires a BA in human svs OR lic PT, OT, speech path, RN, rehab counselor. Salary range begins $3651/mo + excellent benefits.

To apply go to **www.redwoodcoastrc.org**.

Closes 1-30-16 at 5PM

CITY OF FORTUNA

UTILITY WORKER

$26,827 – $32,595
(INCENTIVES AVAILABLE)
FULL TIME, EXCELLENT BENEFITS.

Entry level position responsible for a variety of water distribution and sewer collection maintenance, repair, service calls, and construction assignments with general supervision. Must be 18 and have valid CDL. Prior work in related field preferred.

Complete job description and required job application available at www.friendlyfortuna.com or contact the City of Fortuna, 621 11th Street, Fortuna, CA 95540, (707) 725-7600.

Application must be received by
4:00 pm, Friday, January 27, 2017.

Tribal Facilities Director

Blue Lake Rancheria is hiring for the position of Tribal Facilities Director. This position is the primary point of contact for the development and operation of all facilities on the Rancheria. Responsible for development, installation, commissioning, and ongoing operation, maintenance, compliance and reporting activities for all infrastructure and other duties.

Minimum education of HS Diploma and 1-4 years college level study. Minimum 5 years of experience in a facilities management role with experience in multiple trades. Prefer degree/certification with emphasis in engineering and/or general contracting experience.

We offer a competitive benefits package plus salary, which is DOE. To apply, send your resume and cover letter to **applications@bluelakerancheria-nsn.gov**.

Open until filled.

The City of Rio Dell is now accepting applications for

WASTEWATER SUPERINTENDENT

(Pay DOQ + Benefits)

Hands on mid-management and supervisory position. Requires Grade III licensing, or ability to obtain licensing. Facility completed in 2013. Dual licensing in water preferred.

TREATMENT PLANT OPERATOR I/II

($35,276 to $43,674 + Benefits)

Open to entry level applicants, experience preferred. Self-motivation and discipline required. Position will be required to work both Sewer and Water systems, obtaining appropriate certification in both disciplines to Grade II. This is a hands-on position charged daily with regulatory compliance, physical and electronic systems troubleshooting and more.

UTILITY WORKER I/II

($26,602 - $32,951 + Benefits)

Open to entry level applicants. Self-motivation and discipline required. This is a hands-on position involving the maintenance and repair of City facilities, systems and equipment. This position will require employee to be on-call and reside in or within 30 minutes of Rio Dell. The work involved is physically demanding.

Applications may be obtained at 675 Wildwood Avenue, **www.riodellcity.com** or call (707)764-3532.

Positions open until filled.

K'IMA:W MEDICAL CENTER

an entity of the Hoopa Valley Tribe, is seeking applicants for the following positions:

OUTREACH & PREVENTION SUBSTANCE ABUSE COUNSELOR FT/Regular ($19.23 per hr start). Responsible for providing outreach, prevention and awareness of substance abuse. Grant funded position. Minimum Requirements: Bachelor degree in social work, psychology, behavioral science or related field, and California certified Addiction Counselor, Substance Abuse Counselor, or Chemical Dependency Counselor; OR, Associate Degree in Addiction Studies and California certified Addiction Counselor, Substance Abuse Counselor, or Chemical Dependency Counselor with at least two years experience providing substance abuse counseling and case management. **Deadline to apply is 5pm, January 20, 2017.**

MENTAL HEALTH CLINICIAN FT/Regular FT/Regular ($25.67 per hr start DOE). Open to a Licensed Marriage and Family Therapist or a Licensed Clinical Social Worker. Meet with clients for intake, crisis intervention, and counseling. **Open until filled.**

DOMESTIC VIOLENCE PREVENTION COORDINATOR FT/Regular ($26.44 per hr start). Supervise staff and services to domestic violence and sexual assault victims. Grant funded position. **Open until filled.**

ELDER CASE AIDE FT/Regular ($17.14 per hr start, KGS 6). Assists in needs assessments, referrals, and support services to high risk elders. Minimum Requirements: Associate degree desired; minimum of three years documented experience with case management of elders; and, knowledgeable about the Indian Child Welfare Act. **Deadline to apply is 5 PM, December 29, 2016.**

NURSE MANAGER FT/Regular ($40.19 per hr DOE, KGS 13). Supervises the Nursing Department and provides support in the clinic. **Open until filled.**

PHLEBOTOMIST FT/Regular ($19.05 per hr start, KGS 7). Performs a variety of technical and clerical duties includes specimen preparation and collection. This is a temporary position that could be changed to a full-time, regular position. Minimum Requirements: Licensed Phlebotomist; some experience. **Open until filled.**

PHYSICIAN FT/Contracted ($91.34 per hr DOE). Provides medical care and referrals. **Open until filled.**

DENTIST FT/Contracted ($55.86 per hr DOE). Provides dental health care. **Open until filled.**

FAMILY NURSE PRACTITIONER FT/Contracted ($40.19 per hr DOE, KGS 13). Primary care provider seeing all ages of patients and all medical conditions. **Open until filled.**

MEDICAL ASSISTANT FT/Regular ($15.38 per hr DOE, KGS 5). Provides administrative, clerical and technical support to physician; Certified Medical Assistant ($16.67 per hr DOE, KGS 5.4) desired. **Open until filled.**

LICENSED VOCATIONAL NURSE FT/Regular ($19.05 per hr DOE). Assists in providing direct nursing care for patients. **Open until filled.**

For an application, job description, and additional information, contact: K'ima:w Medical Center, Human Resources, PO Box 1288, Hoopa, CA, 95546 or call **530-625-4261** or email: **hr.kmc@kimaw.org** for a job description and application. Resume and CV are not accepted without a signed application.

Redwood Coast Regional Center

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SR SERVICE COORDINATOR/ TEAM LEADER

1-FT in Eureka, CA. provides high level coordination of services for Adults w/dev & intellectual disabilities. Assists team members, resp for training. Requires MS or BA+ relevant experience. Salary range starts $3651/mo. Excellent benefits. EOE

Go to **www.redwoodcoastrc.org** for info, forms & instructions.
Closes 1-20-16 at 5PM

Sutter Health
Sutter Coast Hospital
We Plus You

CLINICAL DIETITIAN

Part time/full benefits. The Clinical Dietitian is responsible for the development and implementation of high quality, comprehensive medical nutrition therapy care for the patient population Bachelor's degree in Nutrition or related field required; Master's desired BLS-SCP & Registered Dietitian (RD) required; CDE or CNSC desired. Requisition# SCH-1622856

SURGICAL INVENTORY/STERILE PROCESSING SPECIALIST

Full time. Position Maintains the computer Inventory Control System for the surgery area. Controls the ordering and restocking process of supplies and maintains/distributes stock. Performs a variety of tasks related to the preparation of instruments and equipment for procedures & surgeries. Operates sterilizing & decontamination units. Responsibilities include instrument processing, distribution, inventory, equipment decontamination and record keeping. Requisition# SCH-1625965.

Apply via our website: www.sutterhealth.org/employment
EOE

CITY OF FORTUNA

COMMUNITY SERVICES OFFICER/POLICE DISPATCHER

FULL TIME, $30,653 TO $37,243 PER YEAR (INCENTIVES AVAILABLE) PLUS EXCELLENT BENEFITS.

Receives on-the-job police training for the principal duty of dispatching calls from the public for emergency and non-emergency services; various support activities for the police department. Must be 18 and have current CDL. Background Required.

Dispatch testing is required and is scheduled for Jan. 31, 2017 at 5:30pm at Fortuna City Hall. Job description and required application available at, City of Fortuna, 621 11th St., 725-7600 or www.friendlyfortuna.com.

Application deadline extended to **January 20, 2017 at 4:00pm.**

CRESTWOOD

LOOKING FOR A MEANINGFUL JOB IN YOUR COMMUNITY?
To start a career where you feel good about helping out others? We are looking for On-Call team members to supplement our programs, a great opportunity to get your foot in the door with our caring and compassionate company. We are looking for on-call LVN/LPTs, Service Coordinators, Rehab Assistants, Cooks, and Housekeepers.
Apply in person at
Crestwood Behavioral Health Center
2370 Buhne Street, Eureka
707-442-5721

SHCHD

Southern Humboldt Community Healthcare District is now accepting applications for:

CLINICAL LAB SCIENTIST
Full Time Position. California Clinical Laboratory Scientist. Chemistry, hematology, UA, coagulation and blood bank experience required. Includes shared call.

DIRECTOR OF NURSING — SKILLED NURSING FACILITY
This position is perfect for a registered nurse that is passionate about making a difference in the lives of others and enjoys working as a team. Full Time position. Over sees the staff and daily functions of an 8-bed Skilled Nursing Facility. Position reports directly to the Chief Nursing Officer. BSN required, previous management experience required. Must be familiar with Title 22 and skilled nursing regulations. This position would be a great fit for an experienced Director looking for a positive career change.

REGISTERED NURSE
Full Time, Part Time, or Per Diem Position. Current RN License and CPR certification required. Work 12-hour shifts in our critical access acute care & emergency room.

LICENSED VOCATIONAL NURSE
Full Time position. Current LVN license and CPR certification required. Work 12-hour shifts in our 8-bed skilled nursing facility.

CERTIFIED NURSE ASSISTANT
Full Time, Part Time, or Per Diem Position. Direct Patient Care, activities with the residents/ patients. Must possess CNA Certificate and CPR Certification.

MEDICAL ASSISTANT
Full Time Position. Must possess CMA Certificate, experience preferred but willing to train the right candidate; BLS certification required.

CASE MANAGER
Full Time position. 8-hour shifts. Provide assessment, planning, and coordination of options and services to meet a patient's medical care needs. Assist in patient care by providing clinical information to payers, monitor length of stay, seek necessary care authorizations, and appeal medical decisions. Current RN or CSW license required. Minimum 3 years case management, or related field, experience preferred.

COOK
$15 per hour, Full Time (32+ hrs/wk). Medical, Dental, PTO Benefits. Part time & per diem available. Cook & follow a planned menu. Maintain dietary department sanitation. No license or certification required.

FOUNDATION DIRECTOR/PUBLIC RELATIONS DIRECTOR
3-5 years related experience, preferably with a non-profit health related organization. Check out our website and apply online.

Visit **www.shchd.org** for more information and to apply
Or call (707) 923-3921 ext. 230

Redwood Coast Regional Center
Be a part of a great team!

OFFICE MANAGER

Eureka, CA. 1 FT Requires AA or 6 yrs exp. Leadership exp, knowledge of project mgmt, computer expertise, detail and organized, good written/verbal skills. Salary range starts $3124/mo + excellent benefits.

To apply go to **www.redwoodcoastrc.org**.

Closes 1-30-16 at 5PM

Northcoast Children's Services

ASSISTANT TEACHER, ARCATA
Assist teacher in the implementation & supervision of activities for preschool age children. Min of 6-12 ECE units & 6 months exp working w/young children. **P/T** M-F (yr round) 15hrs/wk $10.60-$11.69/hr **Open Until Filled**

TEACHER (TEMPORARY), ARCATA
Provide care for & supervise infants & toddlers. Assist Director w/ curriculum, developmental assessment, environment & other duties. Must meet Associate Teacher Level on Child Development Permit Matrix or possess 12 ECE units, & have 1 year exp. teaching in an early childhood setting. **P/T** (yr round): 25hrs/wk (Mon-Fri); $11.47-$12.04/hr. **First Review Date 01/23/2017**

ASSISTANT COOK, MCKINLEYVILLE
Duties include assisting in the prep & organization of food, setting-up meals & snacks & kitchen cleanup for a preschool facility. Req basic cooking skills. Prior exp in food handling & service desired. **P/T** (school yr) 24 hrs/wk.$10.60-$11.13/hr. **Open Until Filled**

ASSOCIATE TEACHER, WILLOW CREEK
Assists teacher in the implementation & supervision of activities for preschool children. Req a min of 12 ECE units—including core classes—& at least 1 year exp working w/ young children. **P/T** (school yr) 34 hrs/week, $11.47-$12.04/hour. **Open Until Filled**

TEMP CLASSROOM ASSISTANT
WILLOW CREEK
Assist center staff in the day-to-day operation of the classroom for a preschool program (implementing & supervising activities). Prefer a min. of 6 ECE units & 6 months exp. working w/ young children **P/T** 17/hr/wk: $10.60-$11.69 Open Until Filled. **Open Until Filled**

HOUSEKEEPERS, EUREKA
Multiple positions open. Perform duties required to keep site clean, sanitized & orderly. Must have experience & knowledge of basic tools & methods utilized in custodial work and have the ability to learn and follow health & safety requirements. **P/T** $10.60/hr. **Open Until Filled**

Positions include vacation, holidays and sick leave benefits.

Submit applications to:
Northcoast Children's Services
1266 9th Street, Arcata, CA 95521
For application, job descriptions & more info, visit **www.ncsheadstart.org** or call **707-822-7206.**

COLLEGE OF THE REDWOODS

EUREKA CAMPUS

Head Chef
40 Hours/Week, 12 Months/Year
Annual Salary Range: $38,581–$55,886
Close Date: January 27, 2017

Gardener I
40 Hours/Week, 12 Months/Year
Monthly Salary Range: $2,457.87–$3,423.33
Close Date: January 27, 2017

Assistant Professor, Construction Technology
Full-time, Tenure track – Fall 2017
Annual Salary Range: $45,579 - $63,506
Close Date: February 24, 2017

PART-TIME FACULTY POSITIONS

EUREKA CAMPUS
Biology
Chemistry
Communications (Speech)
Computer Information Systems
Counselor – Disabled Students Programs
Dental Assisting
Learning Disability Specialist
Librarian
Mathematics
Nursing – Clinical
Sign Language
Welding
Women's Soccer Coach

DEL NORTE
Art
Biological Sciences
Business
Communication Studies
English
Mathematics
Sign Language
Sociology

KLAMATH-TRINITY (HOOPA)
Business Technology
Communication Studies
Computer Information Systems
Early Childhood Education
English
Sociology

SOUTHERN HUMBOLDT
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More information about the positions is available through our website.
www.redwoods.edu/hr

College of the Redwoods
707-476-4140 • hr@redwoods.edu
College of the Redwoods is an EO Employer

United Indian Health Services, Inc.

Application Deadline: January 31, 2017

Clinical Operations Director
Provides strategic leadership and administrative responsibility for Clinical Services including ambulatory services, dental, pharmacy, behavioral health, nursing, laboratory, and vision services. Del Norte/Humboldt Counties – Full Time

Payroll Specialist
The primary purpose of this position is to perform advanced tasks related to processing employee payroll and maintaining related internal and external reporting. Arcata – Full Time

Medical Assistants
Assists with examinations and treatments, must be injection and BLS certified. Arcata/Del Norte – Full Time/Part Time

Clinical Nurse/RN(s)
Staff Nurse & Specialty Nurses needed. Provide appropriate sensitive care. Arcata/Klamath – Full and Part Time

WIC Nutrition Assistant
Provides culturally appropriate nutrition education, through group and individual classes in cooking, food shopping, meal planning, and meal preparation. Arcata – Full Time

Billing Technician
The primary purpose of this position is the overall responsibility for a major segment of the accounts receivable management function. Arcata – Full Time

Quality Improvement Analyst
The Quality Improvement Analyst supports a variety of functions essential to the UIHS Quality Improvement and Compliance sections. Arcata – Full Time

Clinical Nurse Supervisor
Assists the Nurse Manager with day to day operations of the clinical section. Provides direct day to day supervision of nursing staff. Arcata – Full Time

Behavioral Health Counselor
Address mental health issues, including trauma, stress, anxiety, depression, substance abuse, grief and loss and disrupted family dynamics in a school based setting. Del Norte – Full Time

Purchased Referred Technician
Position shall be responsible for initiating, tracking, and processing "payer of last resort" health insurance claims according to United Indian Health Services. Arcata – Full Time

Job description & salary range posted on website.

Employment application available online at **www.uihs.org**. Email application, cover letter and resume to **UIHS-Recruiting@crihb.org**

Serving the Native American Community since 1970. In accordance with PL 93-638 American Indian Preference shall be given.

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of Politics, People and Art

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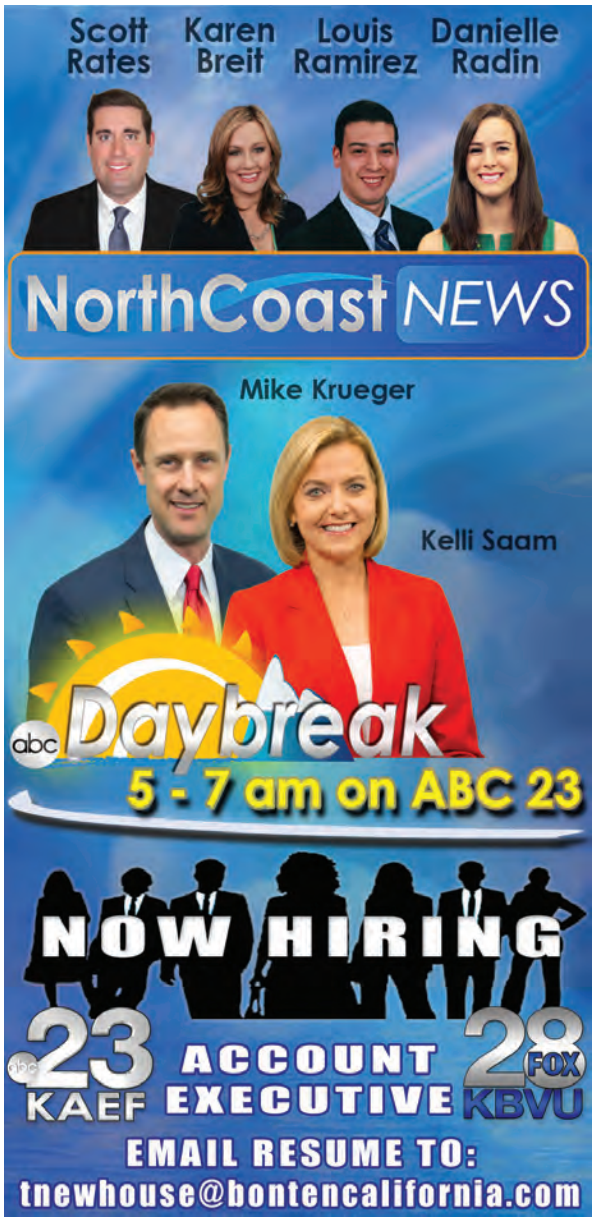

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California MENTOR is looking for caring people with a spare bedroom to support an adult with special needs.

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California MENTOR
Family Home Agency

317 3rd Street, Suite 4
Eureka, CA 95501

For more information call Sharon at 442-4500 ext 16 or visit www.mentorswanted.com.

HOSPICE OF HUMBOLDT

Now Hiring HOSPICE NURSES

The Hospice Nurse coordinates care provided to Hospice patients and their families. We are looking for RNs who enjoy working in a team-environment and have a passion for Hospice's mission.

Our staff enjoy outstanding benefits, competitive wages and professional growth opportunities. Day and night shifts available. Full-time or part-time schedule options. Current California RN license and prior nursing experience required.

Visit ***www.hospiceofhumboldt.org*** *or call 707-445-8443 for more information.*

Redwoods Rural HEALTH CENTER

Job Openings

Fun, friendly and fast-paced clinic in Redway, CA is recruiting for the following positions.

Successful candidates will have good computer skills and be able to work in a team environment with patients who have a variety of healthcare needs.

- Full-Time Clinical Nurse Manager (RN or LVN)
- Part-time Medical Case Manager

RRHC is an EOE and offers a four-day work week, as well as, competitive compensation and benefit packages.

Interested candidates may apply at **Redwoods Rural Health Center, 101 West Coast Rd, PO Box 769, Redway, CA 95560**.

Download an employment application form at **www.rrhc.org/forward** or contact **(707) 923-2783 ext. 336**.

Marketplace

Body, Mind & Spirit

EDUCATION: EQUAL OPPORTUNITY TITLE IX
For jobs in education in all school districts in Humboldt County, including teaching, instructional aides, coaches, office staff, custodians, bus drivers, and many more. Go to our website at www.humboldt.k12.ca.us and click on Employment Opportunities. Applications and job flyers may be picked up at the Personnel Office, Humboldt County Office of Education 901 Myrtle Ave, Eureka, or accessed online.
For more information call 445-7039. (E-0625)

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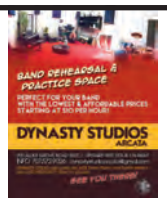

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BURNT RANCH LAND/PROPERTY $399,000

±20 Moderately wooded acres in Trinity County. Property features a shared spring, large naturally spring fed pond, two bedroom cabin, 2 dry sheds, over 40,000 gallons of water storage, and agricultural improvements.

RUTH LAND/PROPERTY $499,000

±75 Beautiful acres less than 10 minutes from Ruth Lake! Property features a wood frame cabin, two 25'x40' sheds, 200,000 gallon pond, additional newly constructed pond with a 900,000 gallon capacity, year round spring, seasonal creek, south-facing open grasslands, and agricultural improvements.

FERNDALE HOME ON ACREAGE $845,000

Entertainers dream! Endless possibilities await you on this ±4 acre property in beautiful Ferndale. Parcel is host to a beautiful 5 bedroom 2.5 bathroom custom 3596 sqft cedar home, detached 2 bedroom 1.5 bathroom secondary unit, and huge 48x48 shop. Built with family and quality in mind, the main house leaves little to be desired, featuring a 1600 sqft wrap around deck, massive 700 sqft kitchen, laundry suite, 10' ceilings, large downstairs living room, and upstairs family room. The secondary unit sits atop its own 1 car garage and 800 sqft shop. Ranch style industrial shop is great for storage and all your recreational needs. All 3 units are situated on the pristinely landscaped front of the property. Back of the property has 3 fully fenced, organic certified, acres ideal for grazing. Tons of water!

DOUGLAS CITY LAND/PROPERTY $300,000

±20 Gently sloping acres near Douglas City! Comprised of two ±10 acre parcels, this property features spectacular views, southern exposure, a 16x16 cabin with loft, and 8,000 gallons of water storage. Property has several flats, one fully fenced with water lines and two wells, one in need of development.

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